Cooking Light

JUNE 2015

SUMMER COOKBOOK

2015 edition



Recipes p. 137

72 RECIPES TO COOK **ALL SEASON LONG**

SIMPLE PASTAS / **FARMERS' MARKET DINNERS** / **HEALTHY SIDES**


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Cooking Light VOL. 29/NO. 5

contents 06/15



FEATURES

ON THE COVER

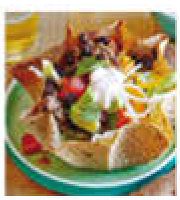
PHOTOGRAPHY
Jennifer Causey

FOOD STYLING
Kellie Gerber Kelley

PROP STYLING
Lindsey Lower

3 STAFF FAVES TO COOK RIGHT NOW







PHOTOGRAPHY: (CLOCKWISE FROM TOP) NEIL DACOSTA, JASON VARNEY, JENNIFER CAUSEY, AND JASON VARNEY

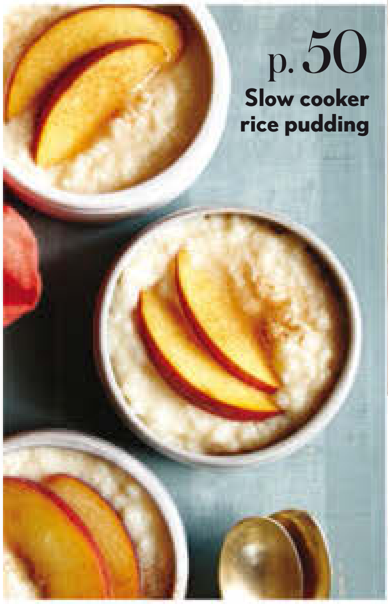
> “Parents talking to kids about weight is the opposite of fun.”
> p. 99



SIP IN STYLE AT YOUR NEXT BACKYARD BARBECUE.
p. 12



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Slow cooker rice pudding



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Summer on ice

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30-minute Spanish-style snapper





Grilled green onions, 4 ways
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Let's Get Cooking!

Dinner Tonight

Nutrition Made Easy

Healthy Habits

Cooking Departments

Kitchen Confidential

& the rest...

PHOTOGRAPHY: JENNIFER CAUSEY


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note from the editor

In the summer of 1977,

prolific *New Yorker* writer John McPhee embedded with farmer Rich Hodgson to write about a fledgling crop of New York City farmers' markets. His remarkable essay "Giving Good Weight" told the story of the Greenmarkets through the farmers' eyes as they harvested and trucked their produce into the city and sold it in an "all day conversion of weight to cash."

Here's a taste of one exchange with an urbanite at a Harlem market: "Woman says, 'What is this stuff on these peaches?'"

"It's called fuzz."

"It was on your peaches last week, too."

"We don't take it off. When you buy peaches in the store, the fuzz has been rubbed off."

"Well, I never."

"You never saw peach fuzz before? You're kidding."

"I don't like that fuzz. It makes me itchy. How much are the tomatoes?"

"Three pounds for a dollar."

"Give me three pounds. Tomatoes don't have fuzz."

I first encountered the story in 2006 as a restaurant line cook. Our menus changed almost daily during the Greenmarkets' peak seasons, and I learned to shop and cook without an agenda, letting the glow of the produce and the amount of cash in my pocket dictate what dinner would be. Cooking from the markets taught me an obvious but profound lesson: Better ingredients make you a better cook. I also learned this: Markets matter. They connect you to a local economy and the pulse of a place.

McPhee told me over the phone recently that he wasn't mining for a story when he began the groundwork on "Giving Good Weight." But like me, he felt the pull of the markets. One day of reporting turned into five months of selling peppers. McPhee captured the personalities of the farmers and the dense rhythms of the city with a pencil and 4 x 6–inch notebook that he kept tucked into his apron pocket, and his reporting yielded a late 1970s anthropological snapshot of the city.

Our collective market culture has changed in the nearly 40 years since a customer gave McPhee the title for his story when she told him he "gave her good weight" in peppers. New York City now has 54 Greenmarkets. And the number of farmers' markets across the country has grown 371% in the last 20 years, fueled by our craving for fresh local food.

Celebrate the seasonal bounty with us in this issue, our annual Summer Cookbook, a collection of recipes and tips for getting the most out of your market experience, whether you're buying sweet corn from a roadside stand or juicy tomatoes from under a white tent in the city. As always, our team strives to give you good weight.



HUNTER LEWIS
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@NotesFromACook

Go to ***cookinglight.com/features*** for Hunter's full interview with John McPhee.

PHOTOGRAPHY: JASON VARNEY. PORTRAIT: ROBBIE CAPONETTO



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LETTERS



NOW THAT'S A HIT

The seven hummus recipes in the April issue (p. 154) have been a lifesaver for my family! I made several one Friday night, and my husband, son, and son-in-law snacked on them all weekend while they were painting and building furniture. Their favorite: Cauliflower Hummus with Green Olives. Thanks for always coming through with great recipes just when I need them!

—MARY ALLSOP
STAMFORD, CT

THE NUMBERS DON'T ADD UP

What makes the calorie count for the Fresh Thai Noodle Bowl (April, p. 40) so high?

—JANE WALSH
ASHEBORO, NC

Editor's reply: *We goofed! One serving of the Fresh Thai Noodle Bowl actually has 383 calories, not 488 calories. Find the updated nutrition information at cookinglight.com.*

GIVE PEAS A CHANCE

If you had told me I would love the Split Pea Mini Pancakes with Mushrooms (April, p. 14) as much as I do, I would have laughed. I've never been a fan of peas, split or otherwise, but I am a changed woman. Now I can't wait to try the Green Pea and Asparagus Soup (April, p. 47).

—CHERI TOOLER
LOUISVILLE, KY

COOKING CLASS

My son Thomas (age 7) and I made a batch of the Chocolate-Coconut Macaroons (April, p. 54) for his teacher's Easter present. Not only did she love that he made the treats himself, he got to be involved and learn a lot about eggs in the process!

—ALLISON BLARE
OPELIKA, AL

HOLY SMOKES, COOKING LIGHT!

The Slow Cooker Chicken Mole (April, p. 53) I made tonight was so spicy I couldn't stomach it. What happened?

—TORI WILLIAMS
OKLAHOMA CITY

Editor's reply: *Sounds like you had a hot batch of chiles! Chipotles are spicy but shouldn't be tongue-torching. If you try it again, cut the amount of adobo sauce and chiles in half.*

*NOW 3.5 MILLION+ FANS! FACEBOOK



Peanut Butter Berry Smoothie
September 2012
It's so yummy it's almost like raspberry sorbet!
—LIU SHU



Spinach, Pasta, and Pea Soup
October 2011
I make this all the time. It's delish!
—MINDY BRILL

SCAN IT, COOK IT!

Save *Cooking Light* recipes with your phone.

How It Works

1. Download the Digimarc Discover App free from iTunes or Google Play.
2. Scan the image with the app.
3. The app will open the recipe page at **myrecipes.com** in your browser.
4. You can save the recipe to your MyRecipes file. (Don't have one? Sign up at myrecipes.com.)



Use the app for Dinner Tonight, Superfast, and anywhere you see this symbol.

REACH US ANYTIME, ANYWHERE

JOIN THE CONVERSATION: Email letters@cookinglight.com. Give full name, city, and state. Share your thoughts at facebook.com/cookinglight, and follow us on social media.

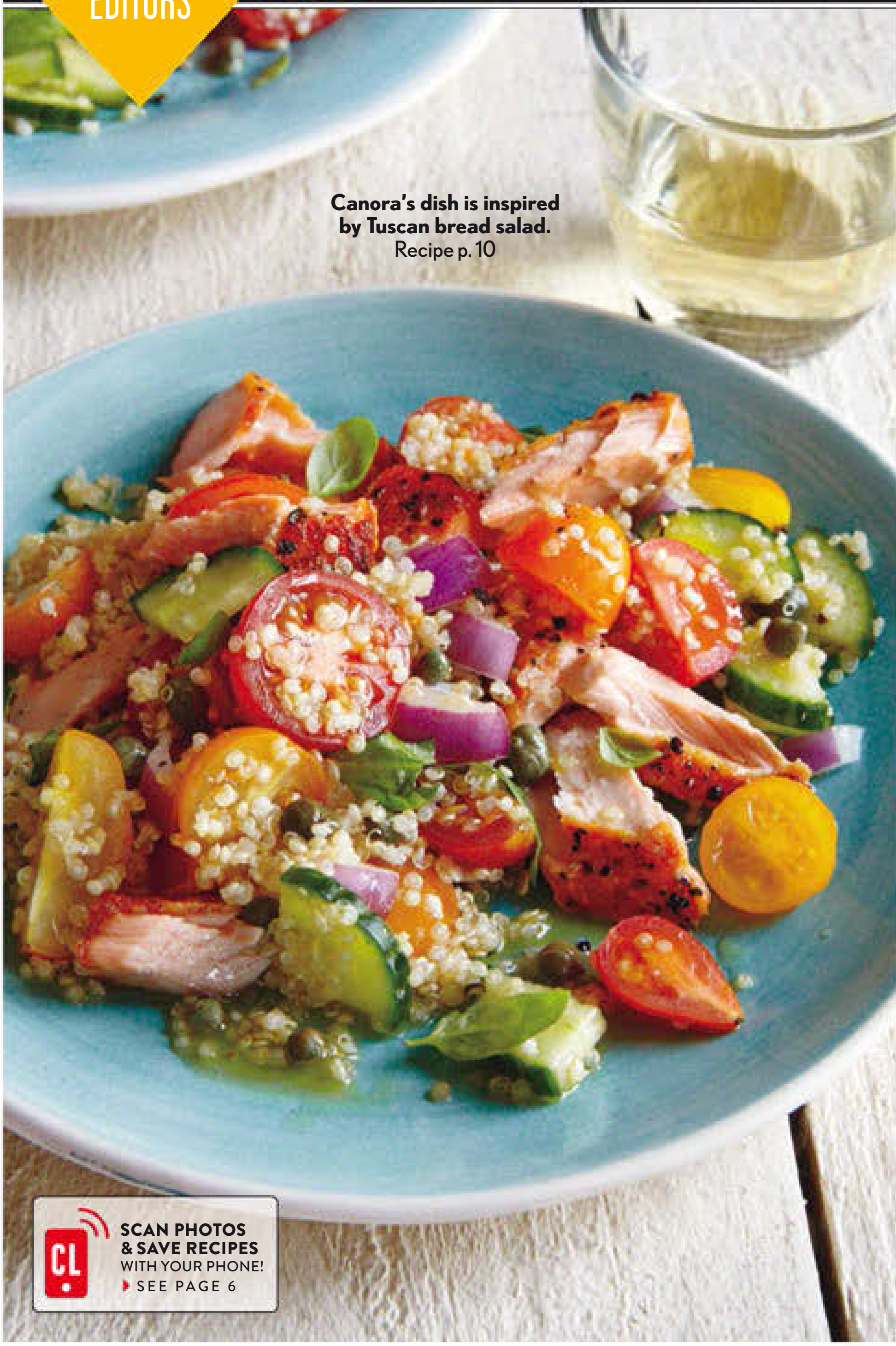
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PHOTOGRAPHY: (CLOCKWISE FROM TOP LEFT) RANDY MAYOR (2), JOHNNY AUTRY, AND RANDY MAYOR

TRENDING TASTES from COOKING LIGHT'S EDITORS

let's get cooking!



Canora's dish is inspired by Tuscan bread salad.
Recipe p. 10

SCAN PHOTOS & SAVE RECIPES WITH YOUR PHONE!
SEE PAGE 6

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN. PORTRAIT: COURTESY OF MICHAEL HARLAN TURKELL



TODAY'S SPECIAL

Quinoa Salad with Salmon

A healthy cooking hero gives his fresh take on panzanella.

BY TIM CEBULA

In *A Good Food Day,* Marco Canora's cookbook overflowing with deliciously healthy dishes, the acclaimed New York City chef recalls how panzanella—Tuscan-style bread-and-tomato salad—has long been a staple for him in the summer. Traditional panzanella uses unsalted, stale Tuscan bread to soak up the vinaigrette and tomato juices.

"Once when I was cooking quinoa, I noticed that the particle size and the way it opens up as it cooks really reminded me of the way the real Tuscan bread reacts," Canora says. "I thought, wouldn't it be cool to use quinoa in a classic

EATQUATION

peach slices + fresh basil + goat cheese + prosciutto = superb summer topping for grilled flatbreads



[let's get cooking!]



SAVVY SIP

Infuse water with fresh herbs, berries, and more using the AquaZinger. $26, zinganything.com

panzanella approach." So he gave it a whirl and was amazed by the delicious results: "Those little cups in the quinoa particles make great vessels for holding flavor like quality olive oil and vinegar." He adds rich and flavorful wild salmon to the dish to bulk it up with more protein, but even that twist is classically inspired. "A lot of versions in Tuscany will add canned tuna," he says.

Ripe, juicy tomatoes are another critical component in the dish. "The Tuscan repertoire is very seasonally motivated. I only do this dish in the summer when I can get really good tomatoes," he says. A sprinkling of capers delivers tiny brine bursts to each bite, while fresh sweet basil lends aromatic freshness. Canora's one-to-one ratio of extra-virgin olive oil and red wine vinegar is sufficient to dress the dish perfectly and add enough acidic bite to keep flavors popping.

QUINOA PANZANELLA WITH WILD SALMON

Hands-on: 24 min. Total: 34 min.

Cooking the salmon with the skin on keeps the flesh silky and tender and bastes it with its own healthy fat. We love using a variety of heirloom cherry tomatoes—scout your farmers' market for the best options.

- 1 (8-ounce) skin-on salmon fillet (such as wild Alaskan)
- 1 teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 1 tablespoon extra-virgin olive oil
- 1½ cups cooked quinoa (about ½ cup uncooked)
- 1 cup quartered cherry tomatoes
- ½ cup diced red onion
- ½ cup chopped fresh basil leaves
- ¼ cup red wine vinegar
- ¼ cup extra-virgin olive oil
- 2 tablespoons capers, rinsed and drained
- ½ English cucumber, quartered lengthwise and thinly sliced crosswise

1. Sprinkle salmon evenly with ¼ teaspoon salt and ⅛ teaspoon pepper. Heat a medium skillet over high heat. Add 1 tablespoon oil to pan. Add fillet, skin side down; cook 2 minutes. Reduce heat to medium-high; cook 4 minutes or until skin begins to brown. Turn fillet; cook 2 minutes or until desired degree of doneness. Place fillet on a cutting board. Remove and discard skin. Flake fillet with a fork into small chunks.

2. Combine flaked salmon, remaining ¾ teaspoon salt, remaining ⅜ teaspoon ground black pepper, quinoa, and remaining ingredients in a large bowl; toss gently to combine.

SERVES 4 *(serving size: about 1 cup)*
CALORIES 345; **FAT** 23g (sat 3g, mono 14.7g, poly 3.1g); **PROTEIN** 16g; **CARB** 19g; **FIBER** 3g; **CHOL** 31mg; **IRON** 2mg; **SODIUM** 641mg; **CALC** 46mg

LOCAL FIND

Farmer's Fridge: Salad on a Mission

Chicago-based entrepreneur Luke Saunders' vision of an efficient, affordable, and wholesome lunch source has taken life in sleek vending machines fringed with live greenery. These specially designed kiosks planted in office buildings and food courts in downtown Chicago represent Farmer's Fridge, the 29-year-old founder's initiative "to make healthy food more accessible." Each machine offers a variety of hearty salads made fresh each day with produce from local farms and costing between $5 and $8. –DARCY LENZ





Reclaimed wood and live plants house Farmer's Fridge salads.

PHOTOGRAPHY: COURTESY OF FARMER'S FRIDGE. PHOTOGRAPHY: (TOP LEFT AND RIGHT) JENNIFER CAUSEY; FOOD STYLING: RACHEL JOHNSON


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TEA TIME

For a cool sip, chill Lemon and Ginger tea brewed from Teapigs' biodegradable "tea temples." $10, teapigs.com



[let's get cooking!]



YUMMUS

Dip into this veggie-forward hummus brand. We loved the Zesty Sriracha Carrot. eatwellembracelife.com

MOST WANTED

Take It Outside

Grill (and chill) in your backyard with these 5 new finds.

BY KIMBERLY HOLLAND



1 RETRO STYLE
Coleman's 54-quart steel cooler, which has an 85-can capacity, is a throwback to the brand's classic design, now with modern color flair. *$150,* **coleman.com**

2 HAMMER TIME
The 4-in-1 tool from gadget gurus Joseph Joseph tenderizes, flattens, grinds, and juices, making it an indispensable addition to your toolbox. *$16,* **josephjoseph.com**

3 GRILL POWER
Although it's designed for small spaces, the compact electric City Grill puts out big heat and cooks almost smokelessly and without an open flame. *$475,* **cookwithkenyon.com**

4 FLIP OUT
Grill on the go with these All-Clad utensils. Tools in the set, which comes in a metal carrying case, have long handles so you can easily reach the back of the grill. *$120,* **macys.com**

5 SAFE SIPPERS
Silipint's 9-ounce reusable rocks glasses are ideal for grillside, poolside, or beachside retreats because they're made from BPA-free silicone. *$34/set of 4,* **silipint.com**

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: RACHEL JOHNSON; PROP STYLING: LINDSEY LOWER


EVERY SUNRISE STARTS A JOURNEY
There are summits we have not reached. Expanses left to explore. And discoveries to make within ourselves. We must go and go now. Because we have only one chance to live this day better than we did our last.
Get the guide at Colorado.com
COLORADO
COME TO LIFE

STAY COOL

Booze Joulies keep your beverage colder than ice, without watering it down. $25, joulies.com



[let's get cooking!]



OH, HONEY

Serve light and lovely Seashore Whipped Honey over fruit for a blissful treat. $15, societe-orignal.com

SIGNATURE SIPS

Pour Me Another

The perks of home bartending in bulk BY JORDAN MACKAY

When company comes calling or you hit that point in the day when you are beyond ready to settle down with an evening sip, there's nothing more convenient than having your go-to cocktail already mixed and waiting. And if you don't happen to have a personal bartender on staff, having a bottle of premade cocktail chilling in your fridge is just about the next best thing. Stirring up a bulk batch of favorite cocktails is as simple as mixing up a single drink—just combine your spirits, and funnel into a bottle for storing. Seriously, all that's left to do is pour, stir, and enjoy.

STAFF FAVE

BOTTLED NEGRONIS

Hands-on: 5 min.
Total: 5 min.

- 3/4 cup Campari
- 1 cup sweet (Italian) vermouth
- 1 1/4 cups gin
- 12 orange twists

1. Combine first 3 ingredients in a bowl.
2. Funnel mixture into a clean 750-milliliter bottle, leaving an inch of headroom at top; seal with a cork or cap. Store in refrigerator.
3. To make 1 cocktail, pour 2 ounces Campari mixture into a pint glass filled with ice. Stir rapidly for 20 to 30 seconds. Strain into a chilled cocktail glass. Garnish with an orange twist.

SERVES 12 *(serving size: 2 ounces)*
CALORIES 95; **FAT** 0g; **PROTEIN** 0g; **CARB** 3g; **FIBER** 0g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 2mg; **CALC** 2mg



If you'll be storing your cocktails for longer than a month, keep in a cool, dark place.

Find our Bottled Manhattan recipe online at cookinglight.com/features.

Avoid bottling drinks with perishables such as citrus juice and dairy. Stick with spirituous sips.

PHOTOGRAPHY: ROBBIE CAPONETTO; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN.
PHOTOGRAPHY: (TOP LEFT AND RIGHT) JENNIFER CAUSEY; FOOD STYLING: RACHEL JOHNSON

SHOPPING HINT Sweet vermouth is most commonly red, while dry vermouth (used for cocktails like classic martinis) is typically white.

SAVE GREEN

Keep peak produce fresher longer with Good Grips' GreenSaver System. $6 to $25, oxo.com



[let's get cooking!]



FOOD FLICK

Documentary fan? Keep an eye out for Sandy McLeod's *Seeds of Time* in theaters around the country.



HELP ME, KENJI

Q: Will grilling chicken on a beer can really make it better?

A: Every year around grilling season I get into conversations about the best methods for grilling chicken. And inevitably, somebody says the magic words: "beer can chicken."

Is there some magical alchemy going on between the beer and the chicken? What exactly makes that chicken come out so moist?

To test this, I cooked four chickens side by side: the first with a beer can, the second with an emptied beer can filled with water, the third with a can filled with Mountain Dew, and the last with a completely empty can (I added a few pebbles for ballast). If it was the alcohol doing something, I should detect a difference in the beer-cooked chicken. If it was the liquid, then the can with pebbles should be significantly different, and if there was some flavor exchange going on, then Mountain Dew would surely stand out, right?

Guess what? The four chickens were pretty much indistinguishable.

As it turns out, the reason beer can chicken is juicier is not because beer vapors magically penetrate them; it's simply because the method puts the legs closer to the heat source than the breasts, which allows the breasts to cook more gently, minimizing moisture loss. Moreover, the can insulates the interior of the chicken. As for the can's contents, believe me: That beer will do a better job in your belly than in the chicken's.



Kenji Lopez-Alt is the chief creative officer of Serious Eats (seriouseats.com), where he writes The Food Lab, unraveling the science of home cooking.



The most critical part of the technique is the positioning, which keeps breast meat moist.

GLOBAL INGREDIENT

Sun Noodle Ramen

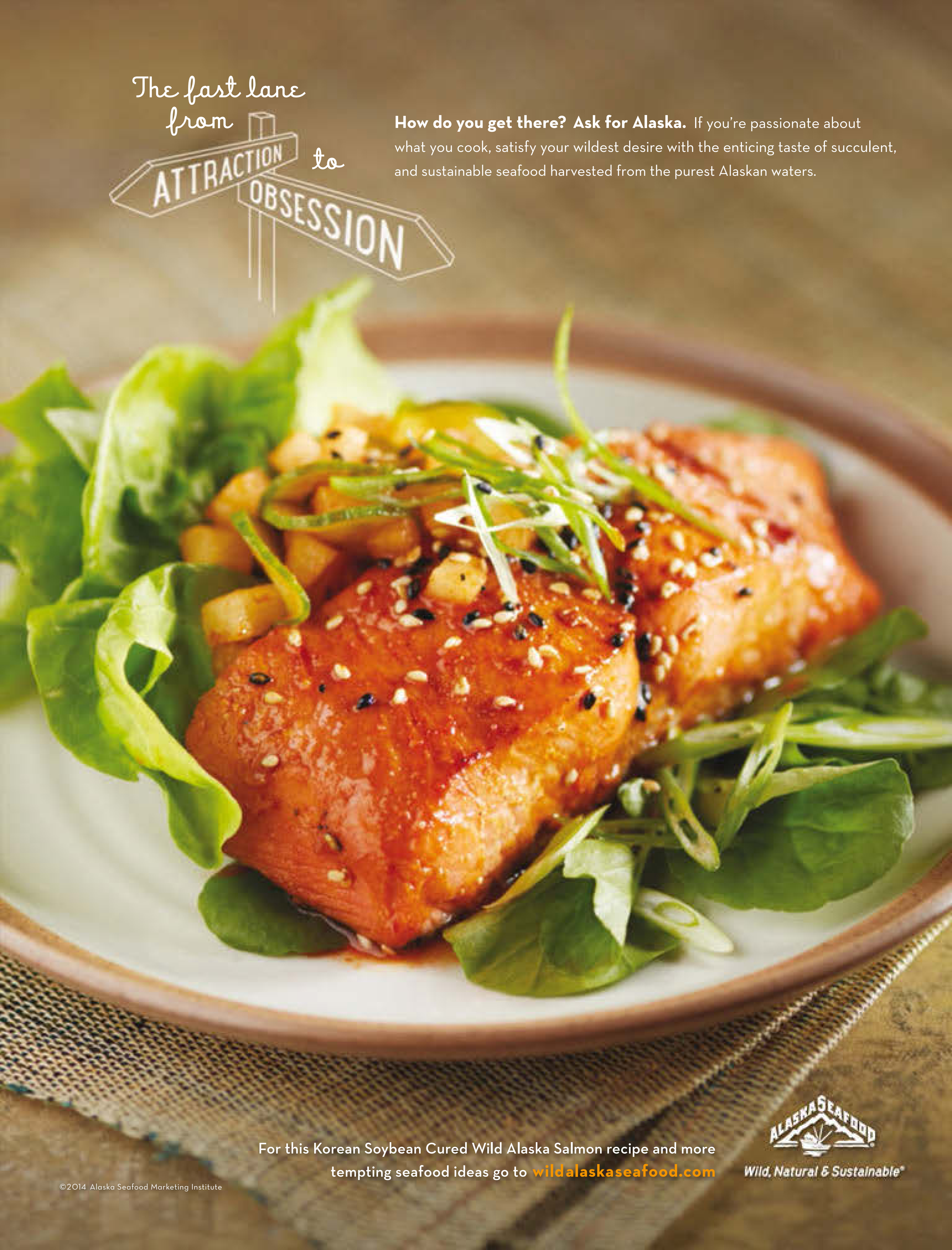


SUN NOODLE BRAND

Sun Noodle works wonders in picnic-style pasta salads.

At the heart of America's ramen craze—beneath the broth, meat, egg, and nori—lies an insatiable appetite for springy, delightfully chewy ramen noodles. Some of the country's best ramen bowls feature noodles from Honolulu-based Sun Noodle. But you don't have to relegate them to ramen bowls alone: Try them in a summer pasta salad that'll turn heads and blow minds. Find them at Asian markets, or use the store locator at sunnoodle.com. –TIM CEBULA

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY AND (TOP LEFT AND RIGHT) RACHEL JOHNSON; PROP STYLING: CLAIRE SPOLLEN. PORTRAIT: RANDY HARRIS


The fast lane from ATTRACTION to OBSESSION
How do you get there? Ask for Alaska. If you're passionate about what you cook, satisfy your wildest desire with the enticing taste of succulent, and sustainable seafood harvested from the purest Alaskan waters.
For this Korean Soybean Cured Wild Alaska Salmon recipe and more tempting seafood ideas go to wildalaskaseafood.com
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MORNING.
QUAKER
REAL
MEDLEYS
GRANOLA
NEW
SUMMER BERRY
REAL MEDLEYS
SUPERGRAINS
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NEW
Start your day on the plus side of delicious with Quaker® Real Medleys®.
Try new Summer Berry Granola as a delicious snack or topping
that's loaded with crunchy clusters plus real fruit. And there's new
Banana Walnut Oatmeal+, complete with super grains and
packed with diced bananas and crunchy nuts. **#QuakerUp**



from the Cooking Light Kitchen

dinner tonight

FAST FAMILY RECIPES

22 PAGES OF FAST MEALS







AND MORE!

Snapper with Roasted Red Pepper Sauce
Recipe p. 24

SCAN PHOTOS & SAVE RECIPES WITH YOUR PHONE!
▸ SEE PAGE 6

DINNER TONIGHT

MEATLESS MONDAY

40 MINUTES

mexican-style grilled vegetable sandwich

This classic Mexican sandwich, or torta, swaps the usual meat for colorful grilled summer vegetables. The traditional black bean spread adds protein and acts as a moisture barrier so the bread stays extra crispy.

- 1 large red bell pepper
- 2 tablespoons fresh lime juice
- 1 tablespoon minced fresh oregano
- 1 tablespoon olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon freshly ground black pepper, divided
- 1/4 teaspoon ground red pepper
- 1 (15-ounce) can unsalted black beans, rinsed and drained
- Cooking spray
- 1 large zucchini, cut lengthwise into (1/4-inch-thick) slices
- 1 small red onion, cut into (1/4-inch-thick) slices
- 1 (12-ounce) ciabatta bread loaf, halved horizontally
- 1/4 teaspoon kosher salt
- 2 ounces reduced-fat pepper-Jack cheese, shredded (about 1/2 cup)

1. Preheat broiler to high.
2. Cut bell pepper in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 11 minutes or until blackened. Wrap pepper halves in foil. Let stand 5 minutes; peel. Cut into strips.
3. Place juice, oregano, oil, cumin, 1/4 teaspoon black pepper, ground red pepper, and beans in the bowl of a food processor; pulse 5 times or until coarsely chopped.
4. Heat a grill pan over high heat. Coat pan with cooking spray. Arrange zucchini and onion slices on pan; grill 5 minutes on each side.
5. Hollow out top and bottom halves of bread, leaving a 1-inch-thick shell. Spread black bean mixture over bottom half of bread; top with zucchini, onion, and bell pepper. Sprinkle with remaining 1/4 teaspoon black pepper, salt, and cheese. Top with top half of bread. Coat both sides of sandwich with cooking spray. Place sandwich on grill pan; top with a heavy skillet. Grill 3 minutes on each side or until cheese melts. Remove sandwich from pan; cut into quarters.

SERVES 4 *(serving size: 1 sandwich quarter)*
CALORIES 360; **FAT** 10.1g (sat 2.8g, mono 4.8g, poly 0.8g); **PROTEIN** 15g; **CARB** 55g; **FIBER** 6g; **CHOL** 7mg; **IRON** 4mg; **SODIUM** 722mg; **CALC** 69mg

SERVE WITH MANGO AND JICAMA SALAD

You'll find jicama with the root vegetables at most supermarkets; if you can't find it, use green apple.

- 2 tablespoons fresh lime juice
- 2 teaspoons honey
- 1/4 teaspoon kosher salt
- 1 1/2 cups thinly sliced peeled mango
- 1 1/2 cups julienne-cut peeled jicama
- 1/4 cup thinly sliced red onion
- 1/4 cup chopped fresh cilantro

1. Combine juice, honey, and salt in a large bowl, stirring with a whisk. Add mango, jicama, onion, and cilantro; toss. Serve immediately.

SERVES 4 *(serving size: 1 cup)*
CALORIES 71; **FAT** 0.3g (sat 0.1g, mono 0.1g, poly 0.1g); **PROTEIN** 1g; **CARB** 18g; **FIBER** 4g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 123mg; **CALC** 16mg



SIMPLE SUB

Ciabatta bread has a great crust for pressed sandwiches. You could also use French bread or Cuban bread.

GAME PLAN

WHILE BELL PEPPER BROILS
Prepare black bean mixture.

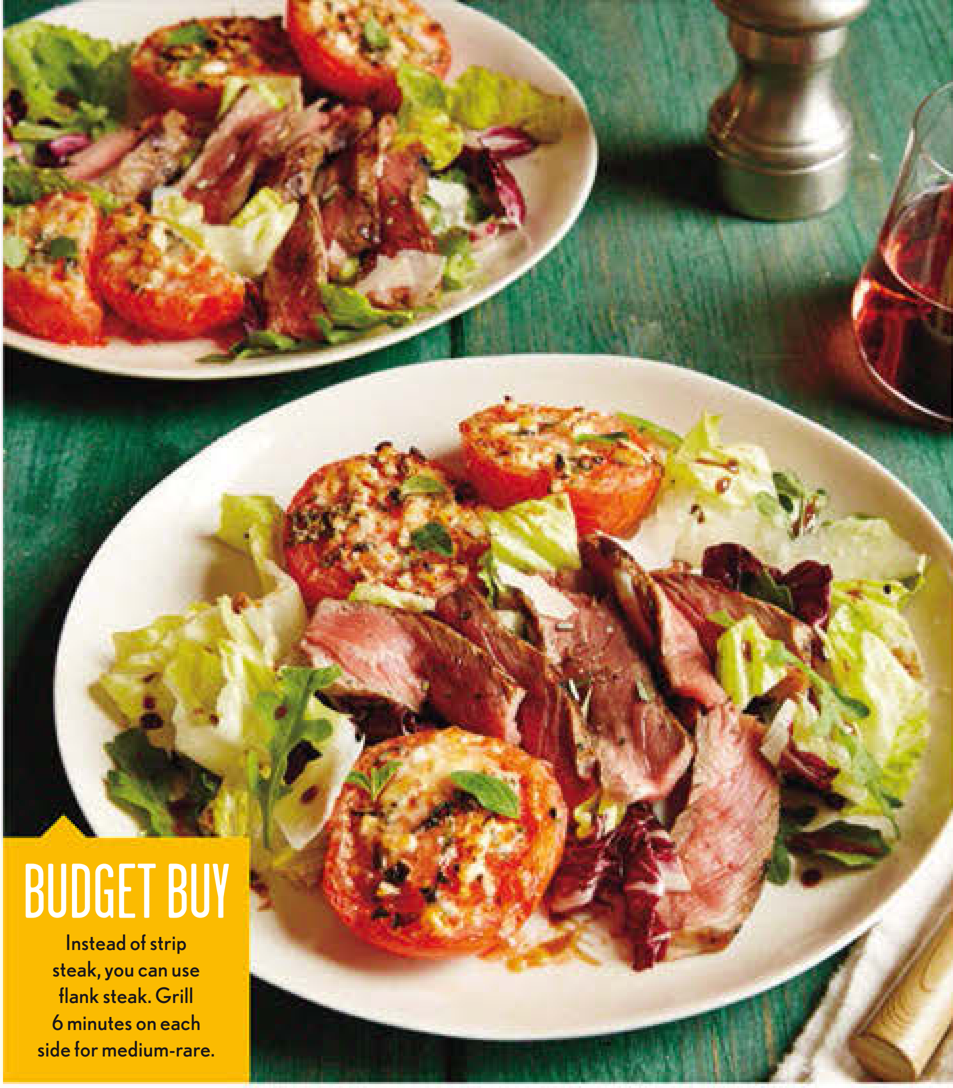
WHILE VEGETABLES GRILL
Prepare mango and jicama salad.

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: LINDSEY LOWER

DINNER TONIGHT

JUST FOR 2 TUESDAY

40 MINUTES



BUDGET BUY

Instead of strip steak, you can use flank steak. Grill 6 minutes on each side for medium-rare.

GAME PLAN

WHILE STEAK MARINATES
Prepare tomatoes.

WHILE STEAK GRILLS
Prepare salad.

tuscan steak salad

STAFF FAVE

A steak dinner for two feels date-night special, but this meal couldn't be easier. One 8-ounce strip steak is just enough for two; if you care for different levels of doneness, cut the steak in half before grilling.

- 1 large garlic clove
- 1/4 teaspoon kosher salt
- 2 tablespoons olive oil, divided
- 1 teaspoon minced fresh rosemary
- 1/2 teaspoon grated lemon rind
- 1/2 teaspoon freshly ground black pepper, divided
- 1 (8-ounce) boneless strip steak
- Cooking spray
- 2 teaspoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 3 cups Italian-blend salad greens
- 2 tablespoons shaved Parmesan cheese

1. Mince garlic on a cutting board. Sprinkle garlic with salt; mash with the side of a knife to form a paste. Combine garlic paste, 1 tablespoon oil, rosemary, rind, and ¼ teaspoon pepper in a bowl. Rub garlic mixture evenly over steak. Let stand 15 minutes.

2. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add steak to pan; grill 5 minutes on each side or until desired degree of doneness. Place steak on a cutting board; let stand 5 minutes. Cut across the grain into thin slices.

3. Combine remaining 1 tablespoon oil, remaining ¼ teaspoon pepper, vinegar, and Dijon mustard in a bowl, stirring with a whisk. Add greens; toss to coat. Place 1½ cups salad on each of 2 plates; top each serving with 3½ ounces steak and 1 tablespoon Parmesan cheese.

SERVES 2
CALORIES 331; **FAT** 22g (sat 5.3g, mono 12.9g, poly 1.8g); **PROTEIN** 27g; **CARB** 5g; **FIBER** 2g; **CHOL** 73mg; **IRON** 3mg; **SODIUM** 434mg; **CALC** 105mg

SERVE WITH BROILED PARMESAN TOMATOES

Instead of tossing tomatoes with the salad, broil them with a cheesy topping for a side you'll want to double for the rest of the week.

- 3 vine-ripened tomatoes, halved horizontally
- Cooking spray
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons grated Parmesan cheese
- 2 teaspoons minced garlic
- 1 teaspoon minced fresh oregano

1. Preheat broiler to high.

2. Place oven rack in middle of oven. Arrange tomato halves, cut sides up, on a foil-lined jelly-roll pan. Coat cut sides of tomatoes with cooking spray; sprinkle with salt and pepper. Broil 8 minutes. Combine cheese, garlic, and oregano in a bowl; sprinkle over tomatoes. Broil 3 minutes or until cheese melts and is golden.

SERVES 2 *(serving size: 3 tomato halves)*
CALORIES 32; **FAT** 1.1g (sat 0.5g, mono 0.2g, poly 0.1g); **PROTEIN** 2g; **CARB** 4g; **FIBER** 1g; **CHOL** 2mg; **IRON** 0mg; **SODIUM** 163mg; **CALC** 42mg

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

DINNER TONIGHT

WEDNESDAY

25 MINUTES



GAME PLAN

WHILE STOCK AND BULGUR MIXTURE COMES TO A BOIL
Prepare hoisin mixture.

WHILE BULGUR SIMMERS
Cook stir-fry.

STIR-FRY OIL

Peanut oil, like canola, has a high smoke point that's ideal for stir-fries. Olive and coconut oils have lower smoke points.

thai basil chicken stir-fry

Red bell peppers are the star vegetable in this stir-fry, a crisp, sweet counterpoint to the serrano chile heat. Use any vegetables you like, but keep it simple; one or two vegetables, plus the basil and chicken, are all you need.

- 2 tablespoons hoisin sauce
- 1 tablespoon sugar
- 1 tablespoon water
- 1 tablespoon fish sauce
- 1 tablespoon peanut oil
- 3 garlic cloves, minced
- 1 serrano chile, thinly sliced
- 3 (6-ounce) skinless, boneless chicken breast halves, cut into 1/4-inch-thick strips
- 1 1/2 cups sliced red bell pepper
- 1 cup thinly vertically sliced onion
- 1/2 cup fresh basil leaves, roughly chopped
- 1 tablespoon fresh lime juice

1. Combine hoisin, sugar, 1 tablespoon water, and fish sauce in a bowl, stirring with a whisk until sugar dissolves.

2. Heat a wok or large skillet over high heat. Add oil; swirl to coat. Add garlic and serrano chile; stir-fry 30 seconds or until fragrant. Add chicken; stir-fry 4 minutes. Add bell pepper and sliced onion; stir-fry 2 minutes. Add hoisin mixture; bring to a boil. Cook 30 seconds or until slightly thickened. Stir in basil and juice. Serve immediately.

SERVES 4 *(serving size: about 1 1/2 cups)*
CALORIES 250; **FAT** 8.4g (sat 1.6g, mono 3g, poly 2.4g); **PROTEIN** 29g; **CARB** 14g; **FIBER** 2g; **CHOL** 82mg; **IRON** 1mg; **SODIUM** 550mg; **CALC** 31mg

SERVE WITH
CASHEW AND GREEN ONION BULGUR

Bulgur has a nutty flavor similar to brown rice. Stir into soups or salads, or use as a base for pilaf.

- 1/3 cup unsalted chicken stock (such as Swanson)
- 3/4 cup uncooked bulgur
- 1 tablespoon minced peeled fresh ginger
- 1 tablespoon lower-sodium soy sauce
- 1/4 cup chopped unsalted cashews
- 3 green onions, thinly sliced

1. Bring chicken stock, bulgur, ginger, and soy sauce to a boil in a large saucepan. Cover, reduce heat, and simmer 11 minutes or until liquid is absorbed. Fluff bulgur with a fork. Stir in cashews and green onions.

SERVES 4 *(serving size: 1/2 cup)*
CALORIES 154; **FAT** 4.4g (sat 0.9g, mono 2.4g, poly 0.8g); **PROTEIN** 7g; **CARB** 24g; **FIBER** 5g; **CHOL** 0mg; **IRON** 2mg; **SODIUM** 184mg; **CALC** 29mg

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.


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DINNER TONIGHT

THURSDAY

30 MINUTES

spanish-style snapper
with roasted red pepper sauce

sustainable choice

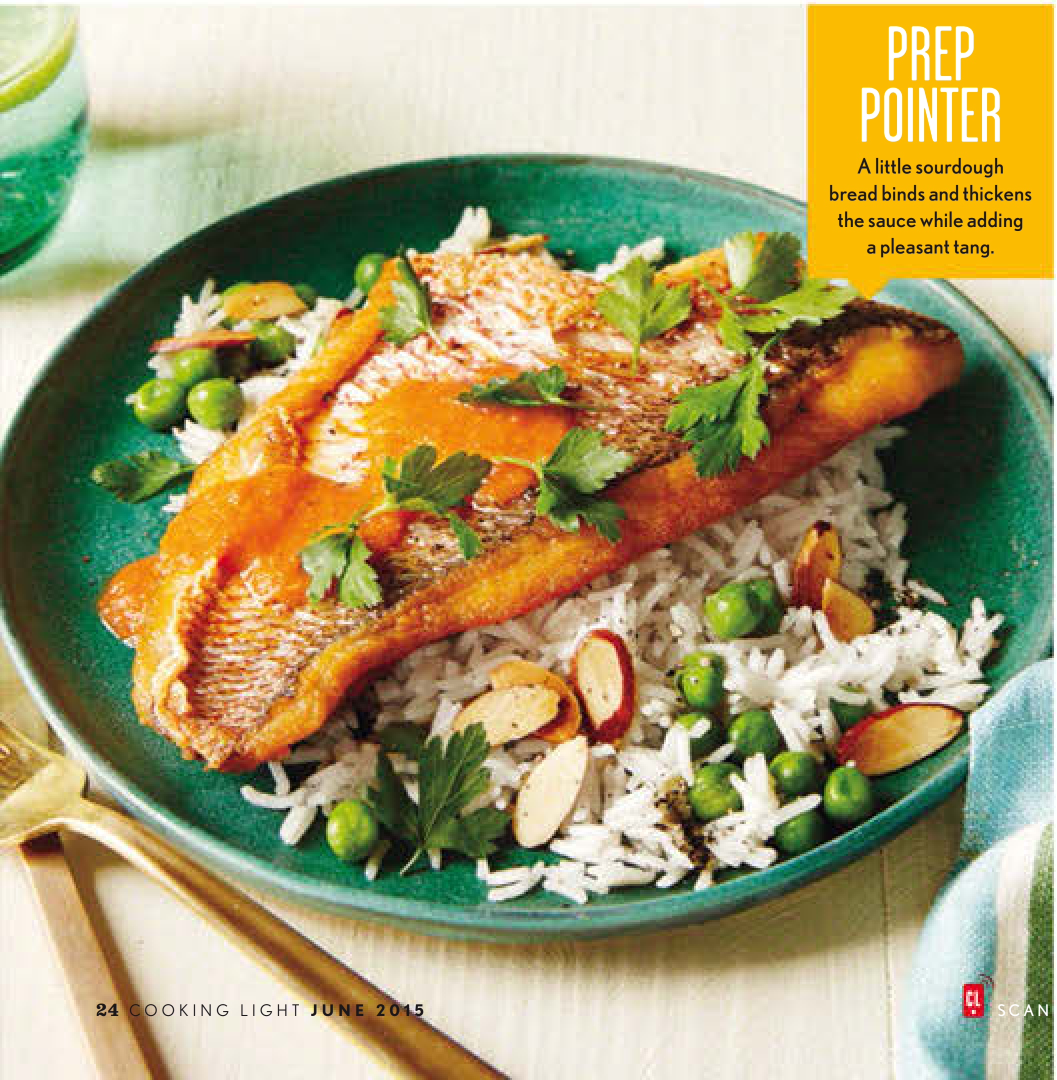
Scoring the skin allows for fast, even cooking and supercrisp texture. Look for snapper from the Gulf of Mexico, or use one of the recommended substitutes.

- 1/2 ounce cubed sourdough bread
- 1 cup chopped bottled roasted red bell peppers, rinsed and drained
- 1 1/2 tablespoons sherry vinegar
- 2 tablespoons olive oil, divided
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1/2 teaspoon smoked paprika
- 1/8 teaspoon ground red pepper
- 2 garlic cloves, minced
- 4 (6-ounce) skin-on snapper fillets or skinless catfish or tilapia fillets
- 1 tablespoon fresh flat-leaf parsley leaves

1. Place bread in a small bowl; cover with water. Let stand 5 minutes; drain. Combine soaked bread, bell peppers, sherry vinegar, 1 tablespoon oil, 1/4 teaspoon salt, 1/4 teaspoon black pepper, paprika, ground red pepper, and garlic in the bowl of a mini food processor; process until smooth.

2. Cut 3 (1/4-inch-deep) slits in the skin of each fillet. Sprinkle flesh side of fillets evenly with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon black pepper. Heat a large nonstick skillet over medium-high heat. Add remaining 1 tablespoon oil to pan; swirl to coat. Add fillets, skin side down, to pan; cook 6 minutes. Turn and cook 2 minutes or until fish flakes easily when tested with a fork. Place 1 fillet on each of 4 plates; top each serving with 3 tablespoons red pepper mixture. Sprinkle with parsley.

SERVES 4
CALORIES 252; **FAT** 9.2g (sat 1.4g, mono 5.4g, poly 1.6g); **PROTEIN** 36g; **CARB** 4g; **FIBER** 0g; **CHOL** 63mg; **IRON** 1mg; **SODIUM** 469mg; **CALC** 62mg



PREP POINTER

A little sourdough bread binds and thickens the sauce while adding a pleasant tang.

SERVE WITH
RICE WITH ALMONDS AND PEAS

Basmati rice is fluffy and fragrant; top with stir-fries, use for rice stuffings, or make rice pudding.

- 1 cup unsalted chicken stock (such as Swanson)
- 3/4 cup uncooked white basmati rice
- 1/4 teaspoon kosher salt
- 2/3 cup frozen peas, thawed
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup sliced almonds, toasted

1. Bring stock, rice, and salt to a boil in a large saucepan. Reduce heat to low; cover and simmer 15 minutes or until liquid is absorbed. Fluff rice with a fork. Stir in peas and pepper. Cover and let stand 5 minutes. Sprinkle with almonds.

SERVES 4 *(serving size: 3/4 cup)*
CALORIES 192; **FAT** 2.9g (sat 0.2g, mono 1.8g, poly 0.7g); **PROTEIN** 6g; **CARB** 39g; **FIBER** 3g; **CHOL** 0mg; **IRON** 2mg; **SODIUM** 177mg; **CALC** 26mg

GAME PLAN

WHILE WATER AND RICE COME TO A BOIL
Prepare red pepper mixture.

WHILE RICE SIMMERS
Cook fillets.

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.


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DINNER TONIGHT

FAMILY FRIDAY

35 MINUTES



SIMPLE SUB

Frozen artichoke hearts, thawed and quartered, will work in place of hearts of palm in the salad.

GAME PLAN

WHILE PASTA COOKS
Prepare and shape meatballs.

WHILE MEATBALL MIXTURE SIMMERS
Prepare salad.

meatball and ziti bake

Whole-wheat pasta holds up well in this cheesy, saucy pasta bake.

- 6 ounces uncooked whole-wheat ziti
- 1/3 cup panko (Japanese breadcrumbs)
- 2 tablespoons minced garlic, divided
- 1/2 teaspoon kosher salt, divided
- 1/4 teaspoon freshly ground black pepper
- 12 ounces 90% lean ground sirloin
- 1 large egg
- 1 tablespoon olive oil
- 1/4 cup chopped fresh basil, divided
- 1/2 teaspoon crushed red pepper
- 1 (28-ounce) can unsalted crushed tomatoes
- 2 ounces part-skim mozzarella cheese, shredded (about 1/2 cup)

1. Preheat broiler to high.

2. Cook pasta according to package directions, omitting salt and fat. Drain in a colander over a bowl; reserve 1/2 cup cooking liquid.

3. Place panko, 1 tablespoon garlic, 1/4 teaspoon salt, black pepper, beef, and egg in a bowl, stirring just until combined. Shape beef mixture into 12 (1-inch) meatballs. Heat a large ovenproof skillet over medium-high heat. Add oil; swirl to coat. Add meatballs to pan; cook 5 minutes, turning to brown on all sides. Add remaining 1 tablespoon garlic; cook 30 seconds. Add reserved 1/2 cup cooking liquid, remaining 1/4 teaspoon salt, 3 tablespoons basil, crushed red pepper, and tomatoes to pan. Reduce heat to medium; cover and simmer 15 minutes.

4. Stir pasta into tomato mixture; spread evenly in skillet. Sprinkle cheese over top; broil 1 minute or until cheese melts. Sprinkle with remaining 1 tablespoon basil.

SERVES 4 *(serving size: about 1 3/4 cups)*
CALORIES 474; **FAT** 16.2g (sat 5.7g, mono 6.7g, poly 1.4g); **PROTEIN** 31g; **CARB** 47g; **FIBER** 7g; **CHOL** 106mg; **IRON** 6mg; **SODIUM** 415mg; **CALC** 212mg

SERVE WITH SPINACH, PALM, AND PINE NUT SALAD

Hearts of palm have a semifirm texture and a nutty flavor. Find them with the canned vegetables.

- 1 tablespoon olive oil
- 1 tablespoon white wine vinegar
- 1 tablespoon minced fresh basil
- 1/8 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 1/2 cup sliced hearts of palm
- 5 ounces fresh baby spinach
- 3 tablespoons pine nuts, toasted

1. Combine oil, vinegar, basil, salt, and pepper in a large bowl, stirring with a whisk. Add hearts of palm and spinach; toss to coat. Sprinkle with pine nuts.

SERVES 4 *(serving size: 1 cup)*
CALORIES 93; **FAT** 7.8g (sat 0.8g, mono 3.7g, poly 2.5g); **PROTEIN** 2g; **CARB** 6g; **FIBER** 2g; **CHOL** 0mg; **IRON** 2mg; **SODIUM** 194mg; **CALC** 38mg

—Recipes by Bruce Weinstein and Mark Scarbrough

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.


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DINNER TONIGHT SHOPPING LIST

FOR RECIPES PAGES 20-26



MEATLESS MONDAY

MEXICAN-STYLE GRILLED VEGETABLE SANDWICH

- ☐ Lime (1)
- ☐ Red bell pepper (1 large)
- ☐ Zucchini (1 large)
- ☐ Oregano
- ☐ Red onion (1 small)
- ☐ Ground cumin
- ☐ Ground red pepper
- ☐ Olive oil
- ☐ 15-ounce can unsalted black beans (1)
- ☐ Ciabatta bread (12 ounces)
- ☐ Reduced-fat pepper-Jack cheese

Mango and Jicama Salad

- ☐ Lime (1)
- ☐ Mango (1 large)
- ☐ Red onion (1 small)
- ☐ Cilantro
- ☐ Jicama
- ☐ Honey



JUST FOR 2 TUESDAY

TUSCAN STEAK SALAD

- ☐ Lemon (1)
- ☐ 5-ounce package Italian-blend salad greens (1)
- ☐ Rosemary
- ☐ Garlic
- ☐ Olive oil
- ☐ Balsamic vinegar
- ☐ Dijon mustard
- ☐ Parmesan cheese
- ☐ Boneless strip steak (8 ounces)

Broiled Parmesan Tomatoes

- ☐ Vine-ripened tomatoes (3)
- ☐ Oregano
- ☐ Garlic
- ☐ Parmesan cheese



WEDNESDAY

THAI BASIL CHICKEN STIR-FRY

- ☐ Lime (1)
- ☐ Red bell pepper (1 large)
- ☐ Serrano chile
- ☐ Basil
- ☐ Onion
- ☐ Garlic
- ☐ Peanut oil
- ☐ Hoisin sauce
- ☐ Fish sauce
- ☐ Sugar
- ☐ Skinless, boneless chicken breasts (18 ounces)

Cashew and Green Onion Bulgur

- ☐ Green onions
- ☐ Ginger
- ☐ Lower-sodium soy sauce
- ☐ Unsalted chicken stock
- ☐ Unsalted cashews
- ☐ Bulgur



THURSDAY

SPANISH-STYLE SNAPPER WITH ROASTED RED PEPPER SAUCE

- ☐ Parsley
- ☐ Garlic
- ☐ Smoked paprika
- ☐ Ground red pepper
- ☐ Olive oil
- ☐ Sherry vinegar
- ☐ 7-ounce jar bottled roasted red bell peppers (1)
- ☐ Sourdough bread (1/2 ounce)
- ☐ Snapper fillets (24 ounces)

Rice with Almonds and Peas

- ☐ Frozen green peas
- ☐ Sliced almonds
- ☐ Unsalted chicken stock (such as Swanson)
- ☐ Basmati rice



FAMILY FRIDAY

MEATBALL AND ZITI BAKE

- ☐ Basil
- ☐ Garlic
- ☐ Crushed red pepper
- ☐ Olive oil
- ☐ Panko (Japanese breadcrumbs)
- ☐ Whole-wheat ziti
- ☐ 28-ounce can unsalted crushed tomatoes (1)
- ☐ Egg (1)
- ☐ Part-skim mozzarella cheese
- ☐ 90% lean ground sirloin (12 ounces)

Spinach, Palm, and Pine Nut Salad

- ☐ Baby spinach (5 ounces)
- ☐ Basil
- ☐ Pine nuts
- ☐ Olive oil
- ☐ White wine vinegar
- ☐ 14-ounce can hearts of palm (1)



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DINNER TONIGHT

TWENTY-MINUTE COOKING

20



Fresh berry salsa brightens up chicken breasts. Recipe p. 32

SCAN PHOTOS & SAVE RECIPES WITH YOUR PHONE!
SEE PAGE 6

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN

CHICKEN CUTLETS WITH STRAWBERRY-AVOCADO SALSA

This colorful, flavor-forward dish makes the most of peak-season produce with a sweet and tangy fruit salsa that would be equally delicious served over pork chops or with whole-grain tortilla chips. The heat from the seeded jalapeño is mild, but it can be omitted. To round out your plate, try serving the chicken and salsa over a bed of rice or with a simple side salad.

- 1½ cups chopped strawberries
- ½ cup diced peeled ripe avocado
- 2 tablespoons minced seeded jalapeño pepper
- 2 tablespoons chopped fresh cilantro
- 2 teaspoons fresh lime juice
- ¾ teaspoon kosher salt, divided
- 1 tablespoon olive oil
- 4 (4-ounce) chicken breast cutlets
- ¼ teaspoon freshly ground black pepper
- 4 lime wedges

1. Combine strawberries, avocado, jalapeño, cilantro, lime juice, and ¼ teaspoon salt in a small bowl; toss to combine.

2. Heat a large skillet over medium heat. Add oil to pan; swirl to coat. Sprinkle chicken with remaining ½ teaspoon salt and pepper. Add chicken to pan; cook 3 minutes on each side or until done.

3. Divide chicken among 4 serving plates, and spoon salsa evenly over each serving. Garnish each serving with a lime wedge.

SERVES 4 *(serving size: 1 chicken cutlet and about ½ cup salsa)*
CALORIES 211; **FAT** 9.3g (sat 1.5g, mono 5.2g, poly 1.3g); **PROTEIN** 25g; **CARB** 7g; **FIBER** 3g; **CHOL** 73mg; **IRON** 1mg; **SODIUM** 494mg; **CALC** 19mg



penne with ricotta and greens

This saucy vegetarian pasta takes on a subtle peppery bite from the arugula and watercress, so feel free to leave out the red pepper if feeding heat-sensitive palates.

- 12 ounces uncooked whole-wheat penne rigate
- 2 teaspoons extra-virgin olive oil
- ½ cup finely chopped onion
- ¼ teaspoon crushed red pepper
- 1 garlic clove, minced
- ½ cup part-skim ricotta cheese
- 2 teaspoons fresh lemon juice
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 (5-ounce) package fresh baby spinach, coarsely chopped
- 2 ounces baby arugula
- 1 bunch watercress, trimmed
- 3 tablespoons shaved pecorino Romano cheese

1. Cook pasta according to package directions, omitting salt and fat. Drain in a colander over a bowl, reserving ¼ cup pasta water.

2. Heat a large skillet over medium-high heat. Add oil, onion, red pepper, and garlic; sauté 2 minutes. Add pasta, reserved ¼ cup pasta water, ricotta, lemon juice, salt, and black pepper; cook 1 to 2 minutes. Remove from heat.

3. Combine spinach, arugula, and pasta mixture in a large bowl, stirring until spinach begins to wilt. Stir in watercress. Top with pecorino cheese.

SERVES 4 *(serving size: about 2 cups)*
CALORIES 388; **FAT** 9.4g (sat 2.8g, mono 2.8g, poly 2.7g); **PROTEIN** 18g; **CARB** 71g; **FIBER** 11g; **CHOL** 14mg; **IRON** 4mg; **SODIUM** 421mg; **CALC** 229mg

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

DINNER TONIGHT SUPERFAST! 20 MINUTES



THAI SHRIMP SCAMPI

sustainable choice *There are lots of sustainable shrimp options available; ask at the seafood counter to ensure you're making the right choice. If you have trouble finding lemongrass, substitute ½ teaspoon grated lemon rind.*

- 8 ounces uncooked multigrain spaghetti
- 8 ounces asparagus, trimmed and cut diagonally into 1½-inch pieces
- 2 teaspoons canola oil
- 2 tablespoons minced fresh lemongrass
- 3 garlic cloves, minced
- ⅔ cup light coconut milk
- ⅓ cup unsalted chicken stock
- 1 tablespoon Thai green curry paste (such as Thai Kitchen)
- ¾ teaspoon kosher salt
- 12 ounces medium shrimp, peeled and deveined
- 1 cup chopped fresh cilantro
- 1 cup chopped fresh mint

1. Cook pasta according to package directions, omitting salt and fat. Add asparagus during last 2 minutes of cooking. Drain; return to pan.
2. Heat oil in a large skillet over medium-high heat. Add lemongrass and garlic; sauté 30 seconds. Stir in coconut milk, stock, curry paste, salt, and shrimp; bring to a boil. Reduce heat; simmer 3 minutes or until shrimp are done, stirring occasionally. Stir shrimp mixture, cilantro, and mint into pasta mixture.

SERVES 4 *(serving size: about 1½ cups)*
CALORIES 354; **FAT** 7.4g (sat 2.2g, mono 1.6g, poly 0.8g); **PROTEIN** 24g; **CARB** 49g; **FIBER** 6g; **CHOL** 107mg; **IRON** 2mg; **SODIUM** 604mg; **CALC** 81mg

summer veggie sandwich

STAFF FAVE *Scooping out part of the bread in this simple version of* pan bagnat *allows for more tasty fillings and acts as a hull to collect flavorful tomato juices. Make breadcrumbs with scooped-out bread.*

- 8 teaspoons extra-virgin olive oil, divided
- 1½ teaspoons red wine vinegar
- ½ teaspoon Dijon mustard
- ½ teaspoon anchovy paste
- ¼ teaspoon minced fresh garlic
- ¼ teaspoon freshly ground black pepper
- 2 medium-sized ripe tomatoes, seeded and chopped
- ¾ cup canned artichokes, drained and chopped
- ¼ cup pitted kalamata olives, coarsely chopped
- 1 (10-ounce) loaf ciabatta bread
- ½ small fennel bulb, thinly sliced
- 2 chilled hard-cooked eggs, sliced
- 12 fresh basil leaves

1. Combine 2 tablespoons oil, vinegar, and next 4 ingredients (through pepper) in a medium bowl, stirring with a whisk. Add tomato, artichokes, and olives; toss to coat. Let stand 5 minutes.
2. Cut ciabatta in half horizontally; remove insides of bread, leaving a ½-inch-thick shell. Spoon tomato mixture over bottom half, leaving some juices in bowl. Top with fennel, egg, and basil. Stir remaining 2 teaspoons oil into reserved juices; brush mixture over cut side of top half of bread. Place top half of bread on top of sandwich. Wrap sandwich tightly in foil; press gently. Unwrap; cut into 4 pieces using a serrated knife.

SERVES 4 *(serving size: 1 piece)*
CALORIES 271; **FAT** 13.4g (sat 2.2g, mono 8.3g, poly 1.5g); **PROTEIN** 9g; **CARB** 29g; **FIBER** 3g; **CHOL** 96mg; **IRON** 3mg; **SODIUM** 473mg; **CALC** 38mg



roasted cod with almond-thyme breadcrumbs

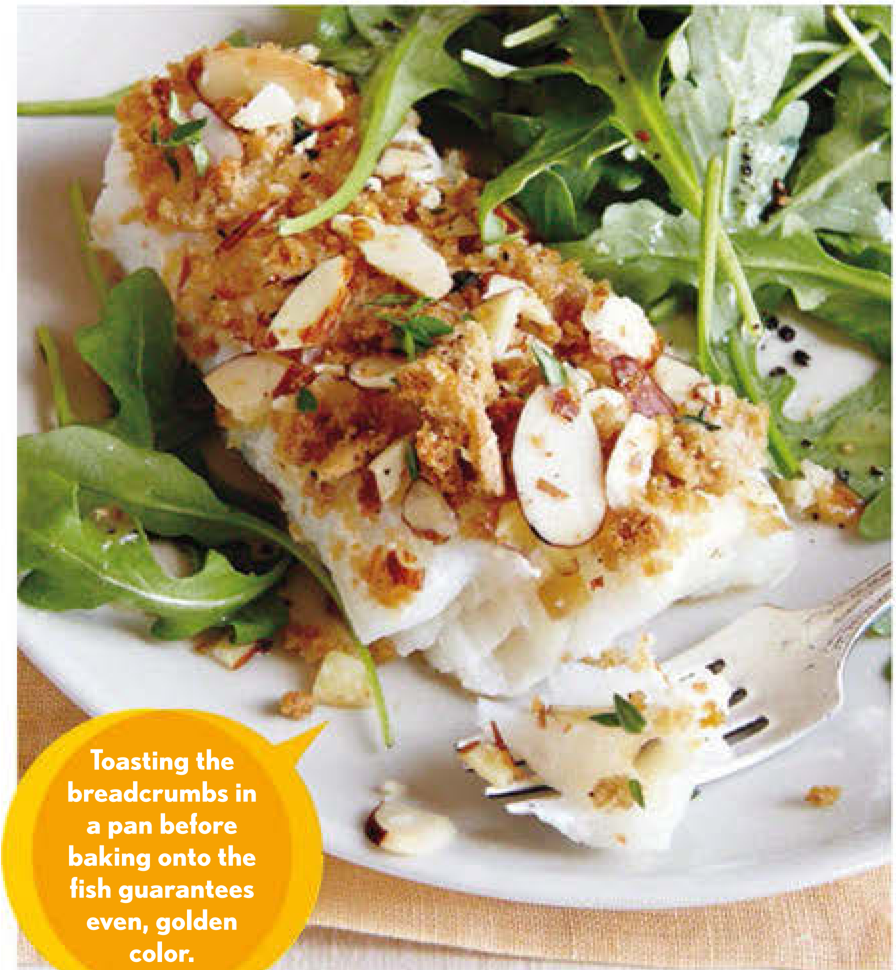
sustainable choice

Mild-flavored, flaky cod is delicious with this crispy topping. Chewy English muffins make for divinely crunchy breadcrumbs, but feel free to use any odds and ends you have in your kitchen—toasted sourdough and pecans are a delicious combo. Serve with lightly dressed greens.

- 1 multigrain English muffin, torn into pieces
- 1/4 cup sliced almonds
- 1 teaspoon fresh thyme
- 4 teaspoons olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 4 (6-ounce) fresh skinless cod, haddock, or pollock fillets
- 2 teaspoons canola mayonnaise

1. Preheat oven to 400°.
2. Place muffin pieces, almonds, and thyme in a mini food processor; pulse until coarse crumbs form. Heat oil in a medium skillet over medium heat. Add crumb mixture to pan, and stir to coat with oil; sprinkle with salt and pepper. Cook 3 minutes or until golden, stirring occasionally.
3. While crumbs toast, arrange fish fillets on a parchment paper–lined baking sheet; spread ½ teaspoon mayonnaise over each fillet.
4. Divide crumb mixture evenly over tops of fillets, patting lightly. Bake at 400° for 8 minutes or until fish is done.

SERVES 4 *(serving size: 1 fillet)*
CALORIES 258; **FAT** 9.4g (sat 1.1g, mono 5.7g, poly 1.9g); **PROTEIN** 33g; **CARB** 9g; **FIBER** 1g; **CHOL** 73mg; **IRON** 1mg; **SODIUM** 419mg; **CALC** 76mg



Toasting the breadcrumbs in a pan before baking onto the fish guarantees even, golden color.



berry-mango-almond shake

Serve as a special dessert, or divide this fruity shake into smaller portions for a cool and creamy afternoon treat.

- 4 cups hulled fresh strawberries, halved
- 1 1/2 cups vanilla fat-free frozen yogurt, divided
- 2/3 cup almond milk, divided
- 2 cups chopped peeled mango
- 4 (1-inch) amaretti cookies (such as Lazzaroni), crumbled

1. Combine strawberries, ¾ cup frozen yogurt, and ⅓ cup almond milk in a blender; process until smooth. Divide among 4 glasses. Set aside.
2. Add mango, remaining ¾ cup frozen yogurt, and remaining ⅓ cup almond milk to blender; process until smooth. Top strawberry mixture evenly with mango mixture. Sprinkle shakes with crumbled cookies; serve immediately.

SERVES 4 *(serving size: about 1 1/2 cups)*
CALORIES 200; **FAT** 1.5g (sat 0.1g, mono 0.2g, poly 0.3g); **PROTEIN** 5g; **CARB** 43g; **FIBER** 5g; **CHOL** 8mg; **IRON** 1mg; **SODIUM** 91mg; **CALC** 142mg

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

Oscar Mayer

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15%	Steak
85%	Things that don't belong on a steak



MADE WITH	
100%	Turkey Breast

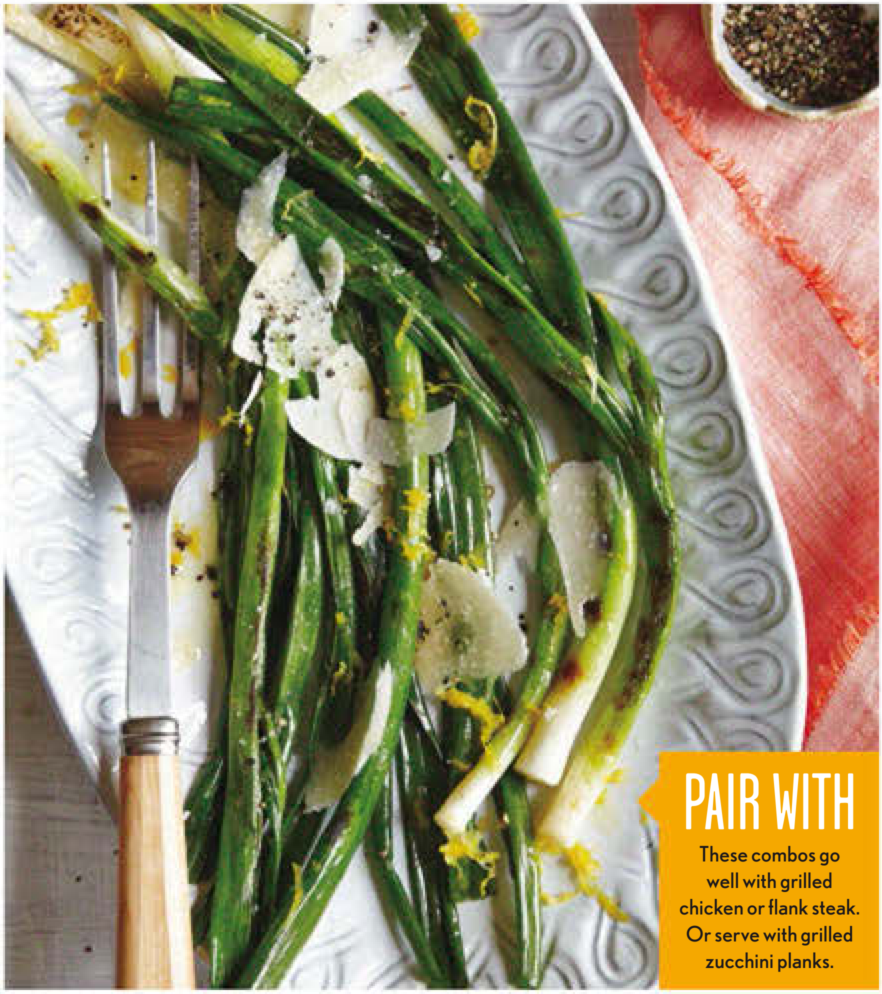


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20 MINUTES

GREEN ONION SIDES



STAFF FAVE

grilled green onions with lemon and parmesan

- 2 bunches green onions, trimmed
- 4 teaspoons olive oil, divided
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon grated lemon rind
- 2 teaspoons fresh lemon juice
- 3 tablespoons shaved Parmigiano-Reggiano cheese

1. Heat a grill pan over high heat. Toss green onions with 2 teaspoons oil. Add onions to pan; cook 2 minutes on each side. Sprinkle with remaining 2 teaspoons oil and remaining ingredients.

SERVES 4 *(serving size: about 4 green onions)*
CALORIES 82; **FAT** 6.1g (sat 1.6g, mono 3.8g, poly 0.6g); **PROTEIN** 3g; **CARB** 5g; **FIBER** 2g; **CHOL** 4mg; **IRON** 1mg; **SODIUM** 220mg; **CALC** 111mg

PAIR WITH

These combos go well with grilled chicken or flank steak. Or serve with grilled zucchini planks.

1

GRILLED GREEN ONIONS WITH SPICY ASPARAGUS AND HOISIN

Combine 1 1/2 tablespoons hoisin sauce, 1 1/2 teaspoons rice wine vinegar, 1 teaspoon lower-sodium soy sauce, and 1/2 teaspoon Sriracha in a bowl. **Heat** a grill pan over medium-high heat. **Toss** 1 bunch green onions and 8 ounces thin asparagus spears with 2 teaspoons olive oil; **sprinkle** with 1/4 teaspoon black pepper and 1/8 teaspoon kosher salt. **Cook** 2 minutes on each side. **Brush** with hoisin mixture during last 30 seconds of grilling.

SERVES 4
CALORIES 57; **FAT** 2.6g (sat 0.4g); **SODIUM** 250mg



2

GRILLED GREEN ONIONS WITH CORN AND TARRAGON

Heat a grill pan over high heat. **Toss** 1 bunch green onions with 1 teaspoon olive oil; **sprinkle** with 1/8 teaspoon kosher salt. **Cook** 2 minutes on each side. **Chop** onions; **combine** with 2 cups fresh corn kernels and 2 tablespoons minced shallots. **Stir in** 1 tablespoon olive oil, 2 teaspoons fresh lemon juice, 1 teaspoon white wine vinegar, and 1/4 teaspoon kosher salt. **Sprinkle** with 1 tablespoon chopped fresh chives and 1 teaspoon chopped fresh tarragon.

SERVES 4 *(serving size: 1/2 cup)*
CALORIES 117; **FAT** 5.6g (sat 0.9g); **SODIUM** 196mg



3

GRILLED GREEN ONIONS WITH ORZO AND SWEET PEAS

Prepare 3/4 cup whole-wheat orzo according to directions, omitting salt and fat. **Add** 1 cup frozen peas during last 2 minutes of cooking; **drain. Heat** a grill pan over high heat. **Toss** 1 bunch green onions with 1 teaspoon olive oil. **Cook** 2 minutes on each side. **Chop** onions; **add** to orzo. **Add** 1/2 teaspoon grated lemon rind, 1 tablespoon lemon juice, 1 teaspoon olive oil, and 1/4 teaspoon salt; **toss. Sprinkle** with 1 ounce shaved Manchego cheese.

SERVES 4 *(serving size: 3/4 cup)*
CALORIES 197; **FAT** 5.6g (sat 2.1g); **SODIUM** 204mg



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.


SOME THINGS ARE TOO DELICIOUS TO SHARE.
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SANDWICH OF THE MONTH

DINNER TONIGHT SUPERFAST!

20 MINUTES

FRIED EGG AND AVOCADO TOASTS

Sunny-side-up eggs, fresh sprouts, and salsa amp up avocado toast for a fast, no-fuss meal. It's a sure winner at breakfast, lunch, or dinner.

- 1 teaspoon olive oil
- 4 large eggs
- 1 peeled ripe avocado, mashed
- 4 (1-ounce) slices hearty whole-grain bread, toasted
- 1 cup alfalfa sprouts
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup refrigerated fresh salsa

1. Heat a large nonstick skillet over medium heat. Add oil to pan; swirl to coat. Crack eggs into pan; cook 2 minutes. Cover and cook 2 minutes or until desired degree of doneness.

2. Spread one-fourth of mashed avocado evenly over each toast slice. Arrange ¼ cup sprouts over mashed avocado on each toast slice. Top each toast slice with 1 fried egg. Sprinkle eggs evenly with salt and black pepper. Top each assembled avocado toast with 2 tablespoons fresh salsa.

SERVES 4 *(serving size: 1 sandwich)*
CALORIES 247; **FAT** 14.5g (sat 3g, mono 7.8g, poly 2.6g); **PROTEIN** 11g; **CARB** 19g; **FIBER** 6g; **CHOL** 186mg; **IRON** 2mg; **SODIUM** 544mg; **CALC** 67mg

—Recipes by Jessica Cox, Laraine Perri, and Carol Prager



SUPERFAST ONLINE

Find dinnertime inspiration at cookinglight.com/superfast. Browse our full collection of 20-minute recipes—from soups and chicken dinners to snacks and desserts—that will suit your quick-cooking needs.

DINNER TONIGHT

EVERYDAY VEGETARIAN

Summer Tomato Pie

Savory leeks and sweet slicers star in an easy entrée made with hearty whole-grain quinoa.



BETTER BOTTOM
Our gluten-free crust packs an impressive 5g fiber and 11g protein per serving!

TOMATO-LEEK PIE WITH QUINOA CRUST

Hands-on: 35 min. Total: 60 min.

The two-slice portion on this summer pie is nice and hearty: For a lighter lunch or brunch for eight people, serve one slice with a simple spinach salad. For extra flavor, try tossing 2 teaspoons chopped fresh thyme into the crust.

- 1 cup uncooked quinoa
- ½ cup almond meal
- 1 tablespoon cornstarch
- ¾ teaspoon kosher salt, divided
- 2 tablespoons olive oil, divided
- 1 large egg, lightly beaten
- Cooking spray
- 2 cups thinly sliced leeks
- 2 garlic cloves, minced
- 1 pound heirloom tomatoes, seeded and sliced
- 1 teaspoon chopped fresh thyme
- 2 large egg whites, lightly beaten
- 1 ounce grated vegetarian Parmesan cheese (about ¼ cup)

1. Preheat oven to 350°.

2. Place quinoa on a jelly-roll pan. Bake at 350° for 10 minutes or until golden brown; cool. Place half of quinoa in a food processor; pulse 30 seconds. Transfer to a large bowl. Add remaining toasted quinoa, almond meal, cornstarch, and ¼ teaspoon salt; stir to combine. Add 1 tablespoon oil and egg; stir until mixture is crumbly but holds together when pressed. Press into bottom and up sides of a 9-inch pie plate coated with cooking spray. Bake at 350° for 5 minutes.

3. Heat a medium skillet over medium-high heat. Add remaining 1 tablespoon oil to pan; swirl to coat. Add leeks; sauté 3 minutes. Add garlic; sauté 1 minute. Combine leek mixture, tomatoes, thyme, and remaining ½ teaspoon salt in a medium bowl; let stand 5 minutes. Add egg whites, stirring to combine.

4. Arrange tomato mixture in crust; sprinkle with cheese. Bake at 350° for 15 minutes or until filling is set. Let stand 10 minutes; cut into 8 wedges.

SERVES 4 *(serving size: 2 wedges)*
CALORIES 411; **FAT** 20g (sat 3.4g, mono 11.1g, poly 4.4g); **PROTEIN** 17g; **CARB** 43g; **FIBER** 7g; **CHOL** 53mg; **IRON** 4mg; **SODIUM** 536mg; **CALC** 148mg

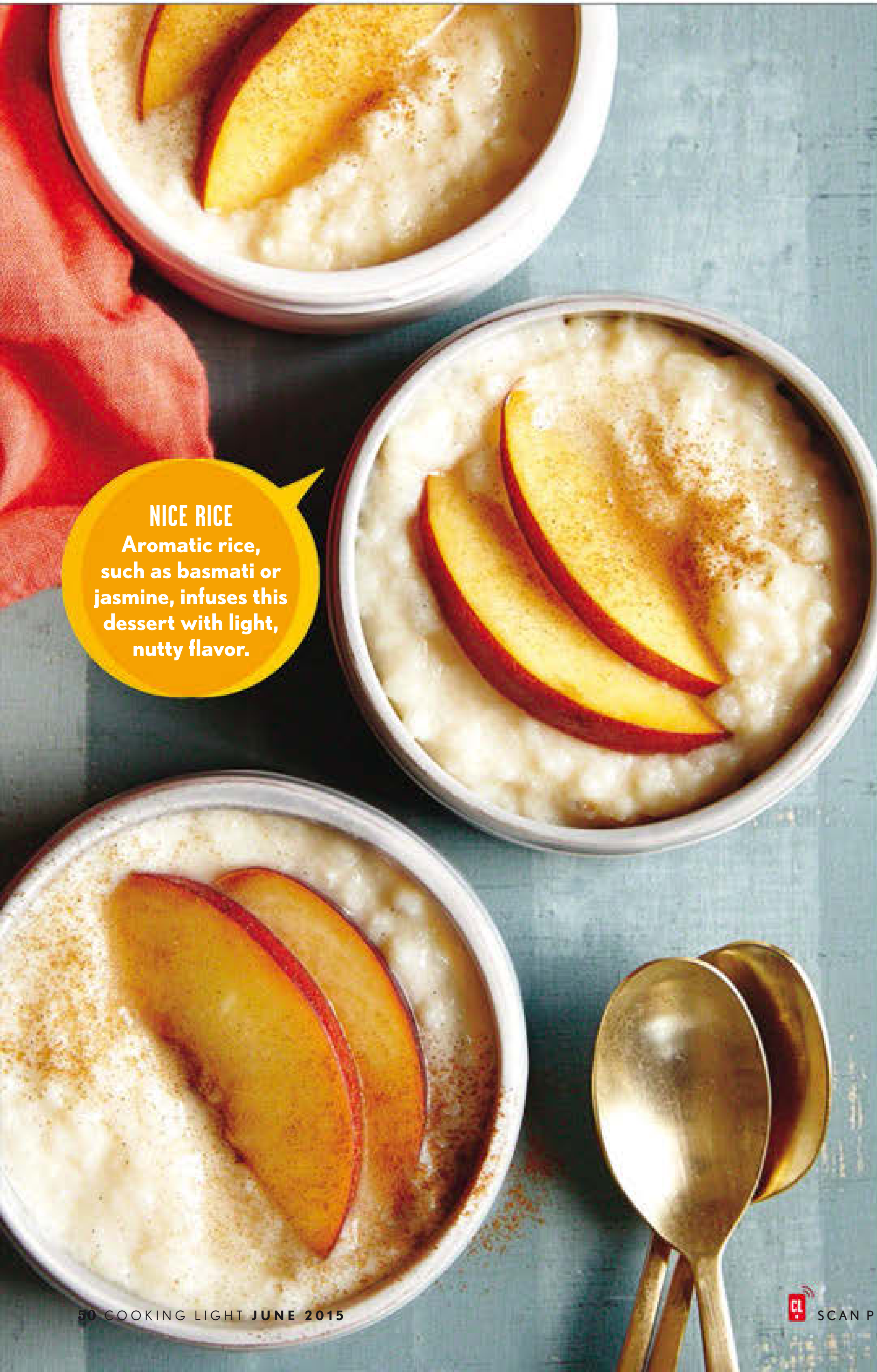
—Recipe by Tiffany Vickers Davis

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

Rich and Creamy Rice Pudding

We've summerized the classic comfort dessert and made it easier than ever.



NICE RICE
Aromatic rice, such as basmati or jasmine, infuses this dessert with light, nutty flavor.

SLOW COOKER CARDAMOM RICE PUDDING WITH FRESH PEACHES

Hands-on: 10 min.
Total: 7 hr. 45 min.
We love the slight tartness of ripe, juicy peaches with this fuss-free, no-stir pudding, but a blend of plump summer berries would be equally delicious.

- 8 cups 1% low-fat milk
- 1 cup uncooked jasmine or basmati rice
- ¾ cup plus 2 tablespoons sugar, divided
- ½ teaspoon kosher salt
- ½ teaspoon ground cardamom
- 1 (2-inch) cinnamon stick
- 1 vanilla bean, split lengthwise
- Cooking spray
- 3 peaches, sliced
- ⅛ teaspoon ground cinnamon

1. Combine milk, rice, ¾ cup sugar, and next 4 ingredients (through vanilla bean) in a 6-quart electric slow cooker coated with cooking spray; stir well. Cover and cook on LOW for 7½ hours. Scrape seeds from vanilla bean. Discard vanilla bean shell and cinnamon stick. Stir in remaining 2 tablespoons sugar. Serve with peach slices, and sprinkle with ground cinnamon.

SERVES 10 *(serving size: about ¾ cup)*
CALORIES 236; **FAT** 2.2g (sat 1.3g, mono 0.6g, poly 0.1g); **PROTEIN** 8g; **CARB** 47g; **FIBER** 1g; **CHOL** 10mg; **IRON** 1mg; **SODIUM** 183mg; **CALC** 250mg

–Recipe by Robin Bashinsky

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: RACHEL JOHNSON; PROP STYLING: CLAIRE SPOLLEN

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.


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A Quick Cup of Chicken

Kids will love gobbling up this handheld dinner—edible lettuce bowl and all.



Step back and let the kids measure, mix, and serve this easy, almost no-cook dinner.

SHREDDING CHICKEN

Use two forks to pull chicken meat into fine shreds just right for salads.

1

CUT the breast meat in one piece from the bird. Cool chicken if it is piping hot, but avoid starting with chilled cooked chicken; it isn't as easy to shred.

2

PLACE one chicken breast on a cutting board or in a large bowl.

3

SHRED using two forks. Use one fork to hold the meat still, inserting the tines into the center of the breast. Use the other fork to pull away shreds.

CHICKEN SALAD IN LETTUCE CUPS

Hands-on: 25 min.
Total: 25 min.

Rotisserie chicken is a great time-saver on busy evenings. Freeze any extra meat in portion sizes, and use in future recipes.

- ¼ cup chopped walnuts
- ¼ cup light mayonnaise
- ¼ cup plain fat-free Greek yogurt
- 2 teaspoons sherry vinegar
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2 cups shredded skinless, boneless rotisserie chicken breast
- 2 tablespoons chopped fresh flat-leaf parsley
- 6 green onions, white and light green parts, chopped
- 6 Bibb lettuce leaves
- ⅓ cup tart dried cherries

1. Preheat oven to 350°.
2. Spread walnuts in a single layer on a baking sheet; bake at 350° for 5 minutes or until nuts are toasted. Cool.
3. Combine mayonnaise, yogurt, vinegar, salt, and pepper in a bowl; stir to combine. Set aside.
4. Place chicken, toasted walnuts, parsley, and green onions in a large bowl; toss to combine. Add dressing, stirring well to coat.
5. Place 1 lettuce leaf in each of 6 bowls. Divide chicken salad evenly among the bowls; top with cherries.

SERVES 6 *(serving size: 1 lettuce cup)*
CALORIES 175; **FAT** 8.1g (sat 1.2g, mono 1.2g, poly 2.6g); **PROTEIN** 17g; **CARB** 9g; **FIBER** 3g; **CHOL** 48mg; **IRON** 1mg; **SODIUM** 320mg; **CALC** 40mg

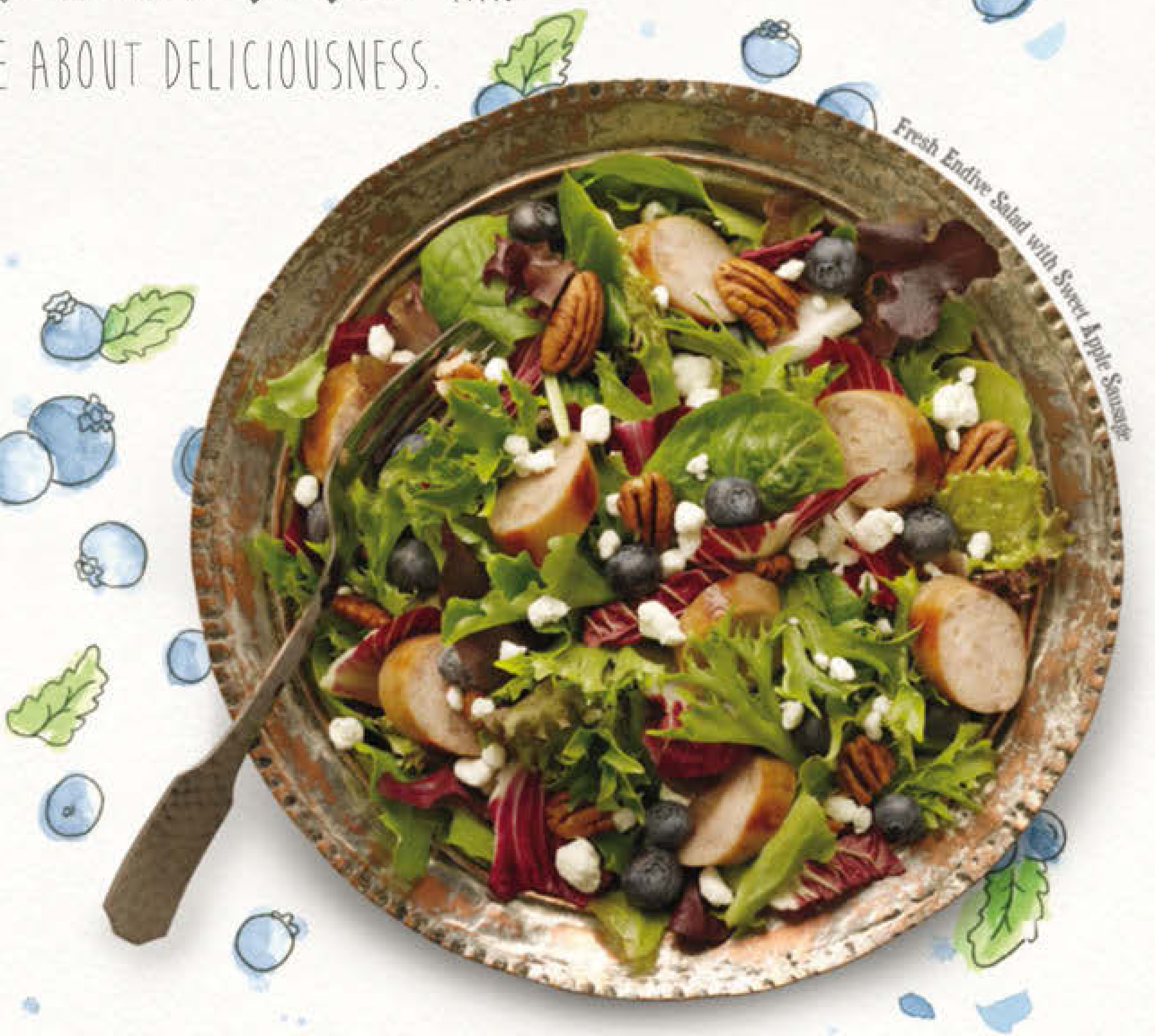
Recipe adapted from We ❤ Cooking: Totally Tasty Food for Kids *by Lilly and Audrey Andrews—a collaboration with* Cooking Light.

PHOTOGRAPHY: ALISON MIKSCH AND (BOOK) IAIN BAGWELL; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.


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weekend warrior

DINNER TONIGHT

GET-AHEAD COOKING

Chicken and Couscous Stuffed Bell Peppers
Recipe p. 60

COOK ONCE, EAT 3X

A peck of bell peppers broiled for this recipe yields just enough for three fresh summer meals.

PHOTOGRAPHY: ALISON MIKSCH; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

DINNER TONIGHT

WEEKEND WARRIOR

1

CHICKEN AND COUSCOUS STUFFED BELL PEPPERS

Hands-on: 45 min. Total: 55 min.

Update the classic stuffed bell pepper recipe with a tangy chicken, couscous, and goat cheese salad, instead of the traditional ground beef and rice. Broiling the peppers before filling brings out their sweet and smoky flavor and keeps them from ending up either soggy or undercooked. Wrap the remaining broiled peppers in the foil used to line the pan, and then let stand. The trapped steam will loosen their skins and make peeling easier.

- 8 large red bell peppers, divided
- Cooking spray
- 1 1/2 cups cooked Israeli couscous
- 1/3 cup chopped fresh flat-leaf parsley
- 3 tablespoons chopped fresh mint
- 2 tablespoons olive oil, divided
- 2 tablespoons fresh lemon juice, divided
- 1 teaspoon honey, divided
- 5/8 teaspoon kosher salt, divided
- 3/4 teaspoon ground cumin
- 1/4 teaspoon crushed red pepper
- 2 cups chopped skinless, boneless rotisserie chicken breast (about 8 ounces)
- 1.5 ounces crumbled goat cheese (about 1/3 cup)
- 4 cups baby arugula

1. Place oven rack in top third of oven. Preheat broiler to high.

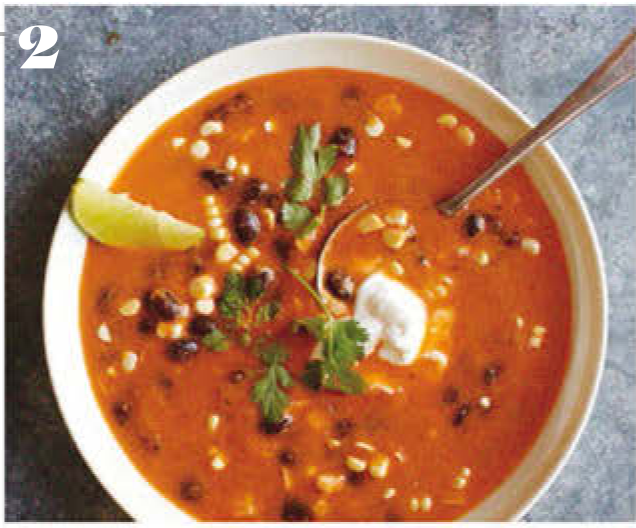
2. Line a jelly-roll pan with foil. Cut off top third of each pepper (with stem); reserve 4 pepper tops. Remove seeds and membranes from peppers; discard. Arrange peppers on their sides on prepared pan; coat with cooking spray. Broil 8 minutes or until charred, turning after 4 minutes. Place 4 peppers, cut sides up, in an 8-inch square glass or ceramic baking dish. Wrap remaining 4 peppers in foil. Let stand 10 minutes; peel and discard skins. Reserve 4 peeled peppers.

3. Combine couscous, parsley, mint, 1 tablespoon oil, 1 tablespoon juice, 1/2 teaspoon honey, 1/2 teaspoon salt, cumin, crushed red pepper, and chicken in a medium bowl. Stir in goat cheese. Spoon 3/4 cup chicken mixture into each pepper in dish. Top peppers with reserved 4 pepper tops. Broil 3 minutes.

4. Combine remaining 1 tablespoon oil, remaining 1 tablespoon juice, remaining 1/2 teaspoon honey, and remaining 1/8 teaspoon salt in a bowl, stirring with a whisk. Add arugula; toss. Serve with stuffed peppers.

SERVES 4 *(serving size: 1 stuffed pepper and 1 cup salad)*
CALORIES 370; **FAT** 13.1g (sat 3.7g, mono 6.5g, poly 1.3g); **PROTEIN** 25g; **CARB** 38g; **FIBER** 4g; **CHOL** 59mg; **IRON** 2mg; **SODIUM** 565mg; **CALC** 102mg

—Recipes by Christine Burns Rudalevige



RED PEPPER, CORN, AND BLACK BEAN CHOWDER

Sauté 1 cup chopped onion and 2 crushed garlic cloves in 1 tablespoon olive oil in a saucepan over medium heat 3 minutes. **Place** onion mixture, 2 broiled bell peppers, 2 cups unsalted chicken stock, 1 tablespoon olive oil, and 1/2 teaspoon chopped chipotle chile in adobo sauce in a blender; **blend** until smooth. **Return** to pan. **Stir in** 1 (15-ounce) can unsalted black beans, rinsed and drained; **simmer** 10 minutes over medium heat. **Stir in** 1 cup fresh corn kernels and 3/4 teaspoon kosher salt. **Place** 1 cup soup in each of 4 bowls; **top** with 2 tablespoons plain 2% Greek yogurt, 1 tablespoon cilantro, and 1 lime wedge.

SERVES 4

CALORIES 222; **FAT** 8.1g (sat 1.5g, mono 5.1g, poly 1g); **PROTEIN** 11g; **CARB** 28g; **FIBER** 7g; **CHOL** 2mg; **IRON** 2mg; **SODIUM** 459mg; **CALC** 78mg



PASTA WITH ROMESCO AND GARLIC BROCCOLINI

Combine 4 teaspoons olive oil; 1/4 teaspoon kosher salt; 1/4 teaspoon black pepper; 10 ounces Broccolini, halved lengthwise; and 1 minced garlic clove on a baking sheet. **Bake** at 425° for 15 minutes. **Cook** 8 ounces cavatappi pasta according to package directions. **Drain** in a colander over a bowl, reserving 1/4 cup cooking liquid. **Place** cooking liquid, 1/4 cup almonds, 1/4 cup parsley, 2 tablespoons half-and-half, 1 teaspoon lemon juice, 1/2 teaspoon kosher salt, and 2 broiled bell peppers in a food processor; **process** until smooth. **Add** sauce to pasta; **toss. Top** pasta with Broccolini and 1 ounce grated Parmesan cheese.

SERVES 4 *(serving size: about 1 1/2 cups pasta, 2 1/2 ounces Broccolini, and 1 tablespoon cheese)*

CALORIES 397; **FAT** 13g (sat 3g, mono 7g, poly 1.6g); **PROTEIN** 16g; **CARB** 55g; **FIBER** 6g; **CHOL** 8mg; **IRON** 3mg; **SODIUM** 513mg; **CALC** 134mg

FREEZE IT!

Chicken Enchiladas

Build and bake in two pans for a Mexican feast tonight and a speedy supper later.



Chicken Enchilada Casserole
Recipe p. 67

GET AHEAD

If frozen lasagna is your weeknight hero, try its south-of-the-border cousin: Tortillas are layered, sauced, and baked in the same way. Find step-by-step freezing and reheating instructions on page 67.

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: LINDSEY LOWER


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next issue

CHICKEN ENCHILADA CASSEROLE

Hands-on: 30 min. Total: 60 min.
These enchiladas are a cinch to assemble and easy to freeze—just cover one of the pans with foil. If you plan to serve a crowd, bake in one (13 x 9-inch) baking dish. The chicken stays moist throughout baking and reheating, thanks to a gentle poach and a creamy verde sauce. Fresh cilantro stems have tons of flavor; make sure to include them in the sauce.

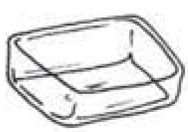
- 2 cups water
- 6 black peppercorns
- 1 large garlic clove, crushed
- 1 bay leaf
- 1¾ pounds skinless, boneless chicken breasts
- ¾ teaspoon kosher salt
- 5 ounces Monterey Jack cheese, shredded and divided (about 1¼ cups)
- 4 green onions, thinly sliced
- 1 cup chopped fresh cilantro
- 1½ pounds fresh tomatillos, chopped
- 1 (4-ounce) can chopped green chiles, undrained
- ¼ cup half-and-half
- 2 ounces ⅓-less-fat cream cheese, softened
- Cooking spray
- 15 (6-inch) corn tortillas, halved
- ½ cup quartered cherry tomatoes
- ¼ cup cilantro leaves (optional)

1. Preheat oven to 350°.
2. Bring 2 cups water, peppercorns, garlic, and bay leaf to a boil in a large saucepan. Add chicken to pan; reduce heat and simmer, partially covered, 15 minutes or until chicken is done, turning after 10 minutes. Place chicken on a plate; cool slightly. Remove garlic clove from pan; reserve. Shred chicken with 2 forks. Place chicken, salt, 3 ounces Monterey Jack cheese (about ¾ cup), and green onions in a bowl; stir to combine.
3. Place reserved garlic clove, cilantro, tomatillos, and chiles in the bowl of a food processor; process until finely chopped. Add half-and-half and cream cheese; process until smooth.
4. Coat 2 (8-inch) square glass or ceramic baking dishes with cooking spray. Spread ½ cup tomatillo sauce in the bottom of each dish. Arrange 5 tortilla halves over sauce in each dish; top each dish with one-fourth of chicken mixture. Repeat layers once, ending with tortillas and remaining tomatillo sauce. Sprinkle evenly with remaining 2 ounces Monterey Jack (about ½ cup). Bake at 350° for 15 minutes. Continue baking at 350° for 10 minutes, or remove 1 dish from oven and follow freezing directions. Divide each dish into 4 pieces. Place 1 piece on each of 8 plates; sprinkle evenly with tomato and cilantro leaves, if desired. Serve immediately.

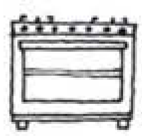
SERVES 8 *(serving size: 1 piece)*
CALORIES 345; **FAT** 12.7g (sat 5.7g, mono 3.2g, poly 1.6g); **PROTEIN** 30g; **CARB** 28g; **FIBER** 5g; **CHOL** 87mg; **IRON** 2mg; **SODIUM** 497mg; **CALC** 204mg

—Recipe by Diane Morgan

HOW-TO



FREEZE
Cool partially baked enchiladas to room temperature in baking dish. Cover baking dish tightly with heavy-duty foil, or seal with an airtight lid. Freeze up to 2 months.



REHEAT
No thawing needed: Bake, uncovered, at 400° for 45 minutes or until enchiladas are thoroughly heated and sauce is bubbly. Top each serving with tomato and cilantro leaves.

ILLUSTRATION: HARRY MALT


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SUNDAY STRATEGIST

DINNER TONIGHT

WEEKEND WARRIOR

5 More Menu Ideas

Try these dinner favorites for a delicious week ahead.

Get these recipes, weekly plans, and shopping lists at cookinglight.com/sundaystrategist.

MONDAY



Mexican-Style Grilled Vegetable Sandwich
THIS ISSUE, PAGE 20

+ Mango and Jicama Salad
THIS ISSUE, PAGE 20

TUESDAY



Szechuan Chicken Stir-Fry

+ Sautéed Miso Cucumber Salad

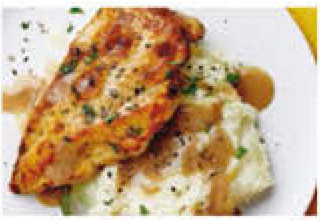
WEDNESDAY



Thai Shrimp Scampi
THIS ISSUE, PAGE 35

+ Grilled Zucchini with Sea Salt

THURSDAY



Chicken with Mashed Potatoes and Gravy

+ Green Beans with Toasted Garlic

FRIDAY



Summer Veggie Pizza

Dessert Bonus:

Chocolate Pudding Pops

TIP!

Buying skinless, boneless chicken breasts in bulk saves time and money, but only if they keep well and thaw easily for weeknight cooking. Wrap individual breasts in plastic wrap, and store in sets of two in zip-top sandwich bags. If chicken is on the menu this week, thaw by refrigerating what you need the night before, or place in a bowl filled with cold water, changing the water every 30 minutes until thawed.

PHOTOGRAPHY: (TOP TO BOTTOM) JENNIFER CAUSEY, JOHNNY AUTRY, JENNIFER CAUSEY, IAIN BAGWELL, AND JOHNNY AUTRY


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nutrition made easy

(Crunching the numbers of healthy food)

INSIDE
SMARTER SUMMER SALADS p. 76
TACO SALAD MAKEOVER p. 83

Build a Better Dressing

Homemade is best. Here's why.

BY KATIE BARREIRA

Nearly all store-bought dressings list water as the first ingredient. This may sound like a calorie-saver, but what it actually does is cause all that diluted dressing to drip off the leaves, leaving you with soggy greens and a bunch of flavor in the bottom of the bowl. And store-bought dressings aren't cheap, either, considering you end up paying mostly for a bottle full of water, salt, and sugar.

Enter our quick vinaigrette: easy, cheap, and healthy. We like a sturdy base: three parts oil to one part acid (citrus juice or vinegar), seasoned with salt, herbs, and spices. It's the perfect formula, allowing a thin coating of flavorful, heart-healthy oil to cling to the leaves. You'll need less, too—about half as much—costing only about $0.20 per serving. Start with our red wine vinaigrette, or turn the page for three fun riffs.



RED WINE VINAIGRETTE

3 tablespoons olive oil + 1 tablespoon red wine vinegar + 1/4 teaspoon salt + 1/4 teaspoon black pepper + 2 teaspoons minced shallots
Combine all ingredients in a jar; shake well.

SERVES 4 *(serving size: 1 tablespoon)*
CALORIES 92; **FAT** 10.1g (sat 1.4g, mono 7.4g, poly 1.1g); **PROTEIN** 0g; **CARB** 0g; **FIBER** 0g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 146mg; **CALC** 2mg

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

NUTRITION MADE EASY

by the numbers

Smarter Summer Salads

Pick, top, toss. Four fresh leafy green salads for less than 400 calories.

BY SIDNEY FRY, MS, RD

CHICKEN, AVOCADO, AND PEANUT | BALSAMIC, BEET, AND BERRY

LEAFY GREENS

Start with nutrient-rich greens: 2 packed cups have just **10 to 15 calories.**



2 cups torn butter lettuce

+



2 cups spinach

+

LEAN PROTEINS

Stay fuller longer with protein. Pick a plant-based protein (beans, peas, or tofu), seafood, or leaner cuts of meat.



2 ounces grilled chicken breast

+

TIP | Fresh herbs like basil, tarragon, thyme, parsley, and dill are nearly calorie-free and add a whole new layer of flavor to your greens. Top tossed salad with a few handfuls.

+

FRUITS & VEGGIES

Pile them high! Most raw fruits and vegetables have only about **10 to 30 calories** per ½ cup. They're fiber-rich and filling, too.



¼ cup shaved baby carrot



¼ cup thinly sliced red onion

+



¼ cup strawberries



¼ cup blueberries and blackberries

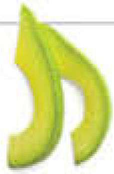


½ cup thinly sliced raw beets

+

BOLD BOOSTERS

Pick 2 or 3. These flavor-packed picks are calorie-dense and often high in sodium and fat, too. A little goes a long way.



¼ cup sliced peeled avocado



1½ tablespoons dry-roasted peanuts

+



¾ ounce crumbled goat cheese



1½ tablespoons chopped toasted walnuts

+

BETTER DRESSING

Make your own. It's quick, tasty, and better for you than bottled. See why on page 75. **Toss with 1 tablespoon** for about **90 calories.**

**Dressing recipes serve 4.*



GRAPEFRUIT-CHIVE VINAIGRETTE

3 tablespoons dark sesame oil + 2 teaspoons grapefruit juice + 1 teaspoon rice vinegar + ¼ teaspoon kosher salt + ¼ teaspoon pepper + 2 teaspoons chopped fresh chives



BALSAMIC ROSEMARY VINAIGRETTE

3 tablespoons olive oil + 1 tablespoon balsamic vinegar + 1 teaspoon honey + ¼ teaspoon kosher salt + ¼ teaspoon pepper + 1 teaspoon finely chopped fresh rosemary



CALORIES 363
FAT 24.7g (sat 3.8g)
PROTEIN 24g
SODIUM 194mg



CALORIES 305
FAT 22.4g (sat 5.3g)
PROTEIN 9g
SODIUM 301mg

PHOTOGRAPHY: JENNIFER CAUSEY AND RANDY MAYOR; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: LINDSEY LOWER

Salads always seem like the healthy option—a quick way to meet your daily fruit and veggie quota. Added bonus: They're a simple, no-cook approach to summer supper. But a heavy hand with dressing, combined with calorie-dense toppers like cheese, bacon, and even heart-healthy nuts, can quickly turn those bountiful greens into a 1,000-calorie blowout. Our approach? Start with greens, fruits, and veggies, and finish with a few bold toppers and a light dressing drizzle.

SHRIMP, SQUASH, AND BACON



2 cups arugula

+



2 ounces grilled shrimp

+



¼ cup fresh corn kernels

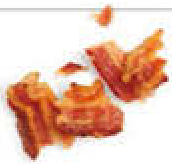


½ cup sliced heirloom tomatoes



½ cup shaved summer squash

+



1 center-cut bacon slice, cooked and crumbled



1 hard-cooked egg, sliced

+



SWEET CILANTRO VINAIGRETTE

3 tablespoons olive oil + 1 tablespoon distilled white vinegar + 1 teaspoon light agave nectar + ¼ teaspoon kosher salt + ¼ teaspoon pepper + 1 teaspoon finely chopped fresh cilantro

PEACHES AND GREEN



2 cups mixed greens

+

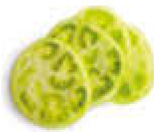


¼ ounce thinly sliced prosciutto

+



½ cup sliced peaches



½ cup sliced green tomatoes

+



1½ tablespoons toasted sliced almonds



1½ tablespoons crumbled blue cheese

+



RED WINE VINAIGRETTE

3 tablespoons olive oil + 1 tablespoon red wine vinegar + ¼ teaspoon salt + ¼ teaspoon pepper + 2 teaspoons minced shallots

Top Tips for Tossing

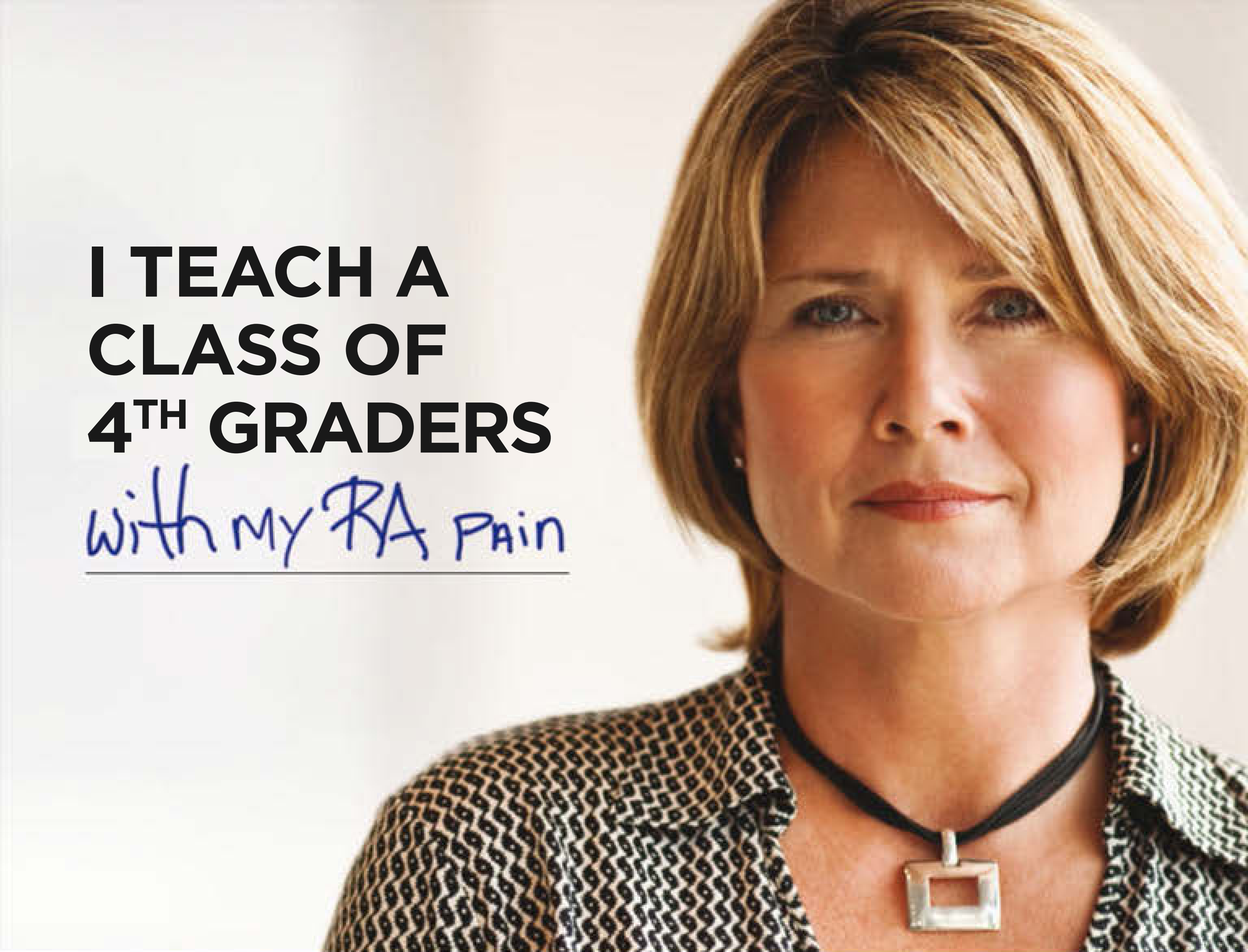
SPRINKLE LIGHTLY
Crumbly cheeses (100 calories per ounce), chopped nuts (50 calories per tablespoon), bacon (25 calories per slice), and dried fruits (25 calories per tablespoon) are tasty but calorie-dense. Add these at the end.

PLATE IT
Serve your salad on a plate to keep all those tasty (and heavy) toppings from collecting in the bottom, as they might in a bowl.

DRESS WITH LESS
A little of our dressing goes a long way. Start with 1 tablespoon; toss well. If the greens still seem dry, add 1 teaspoon more at a time.






I TEACH A
CLASS OF
4TH GRADERS
with my RA pain



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December 1, 2014
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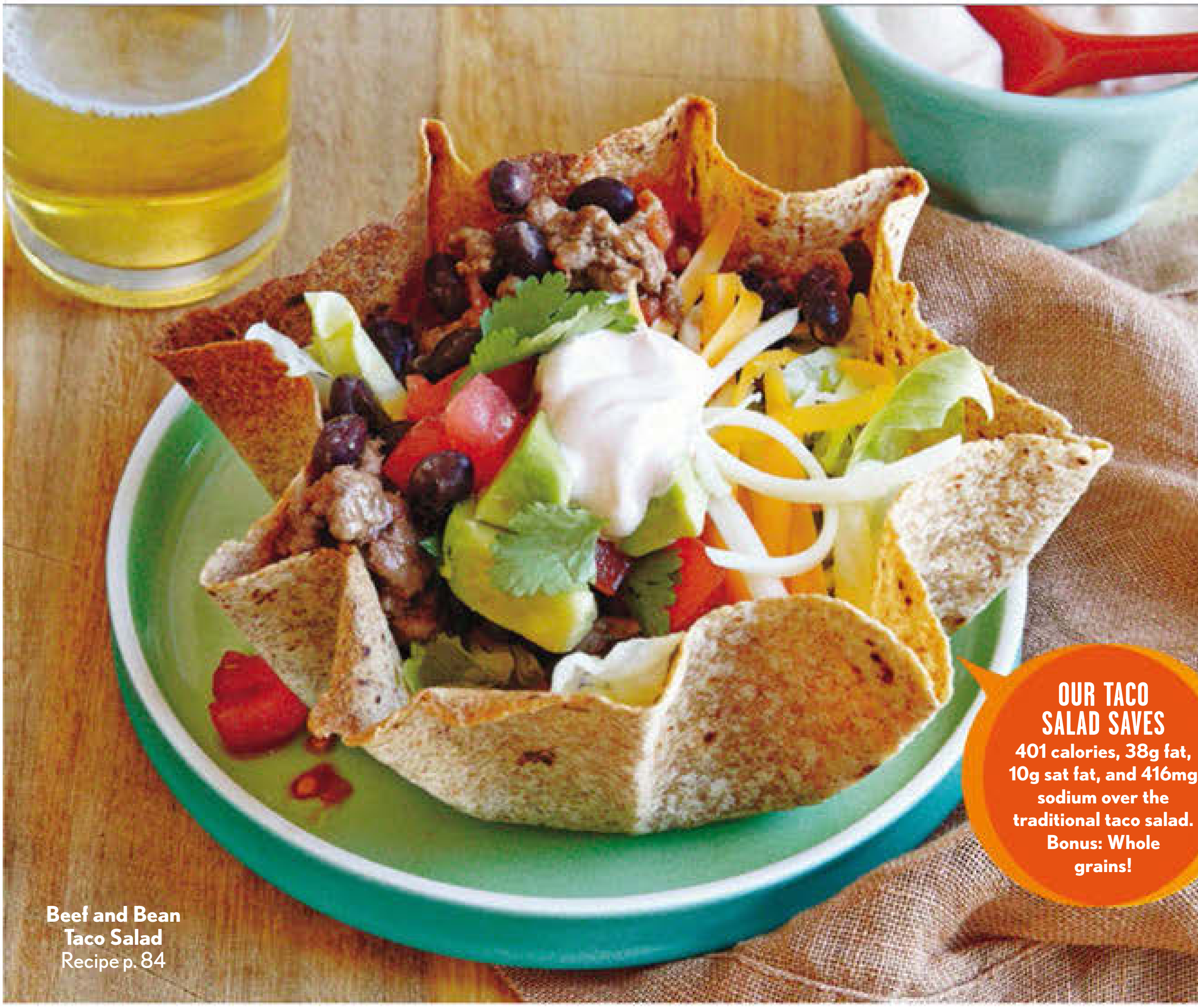

REAL
LEAF-BREWED
TEA
WITHOUT THE FINE PRINT
UNSWEETENED
REAL BREWED TEA
PURE
LEAF
FOR THE LOVE OF LEAVES
PureLeaf.com

NUTRITION MADE EASY

recipe makeover

Taco Salad: Lighter, Fresher, Fast

Keep the crispy shell and cut calories in half with beefed-up salsa-spiced beans. BY SIDNEY FRY, MS, RD



Beef and Bean Taco Salad
Recipe p. 84

OUR TACO SALAD SAVES
401 calories, 38g fat, 10g sat fat, and 416mg sodium over the traditional taco salad. Bonus: Whole grains!

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: LINDSEY LOWER

One thing we know: A taco salad in its own wonderfully crisp edible bowl is irresistible. Admittedly, that crunchy fried vessel is an indulgence, but it can't be all that bad—it's a salad, so it all balances out, right? Not so fast. This heaping bowl of yum comes with some high numbers: almost 850 calories, 75% of your daily sat fat allowance, and more than 1,000mg sodium. This is a dish that's too good to bid adios, so we jumped at the challenge of making it lighter.

We start with the shell, arguably the best part. Our portion-savvy 8-inch tortilla (a smaller tortilla means less shell to fill) creates a still-hefty bowl that holds about 2 cups of filling. We opt for heart-healthy whole-wheat tortillas, which have about 40% less sodium than those made from refined flour. Instead of frying the tortillas, we lightly coat them with cooking spray and broil until crisp—a method that produces the crispiest shells while saving about 13g fat per serving. We swap fattier ground beef for extra-lean and use less, adding in some fiber-rich black beans for bulk. Instead of powdered taco seasoning, we flavor the lean beef-and-bean mixture with fresh salsa, which not only keeps it moist but also saves 450mg sodium per serving. A little iceberg adds crunch, and a fresh tomato-and-avocado combo tops off our bowl for a bright, crave-worthy finish. Our revamped taco salad is still a satisfying all-in-one meal, with fresher flavor, less than half the calories, and all the crunchy goodness.

NUTRITION MADE EASY

recipe makeover

A new take on taco night: These savory salad bowls are as crispy and satisfying as the restaurant version and ready in 25 minutes.

BEEF AND BEAN TACO SALAD

Hands-on: 25 min.
Total: 25 min.

STAFF FAVE *To help keep the tortillas in the shape of a bowl, keep the ramekins on the pan when you flip the tortillas over, and use them as supports to help prop up the tortilla bowls.*

- 3/4 pound extra-lean ground beef (93% lean)
- 3/4 cup medium refrigerated fresh salsa (such as La Mexicana)
- 1 (15-ounce) can unsalted black beans, rinsed and drained
- Cooking spray
- 4 (8-inch) 100% whole-wheat soft taco flour tortillas (such as Mission)
- 1 cup chopped tomato
- 3/4 cup chopped ripe avocado
- 1/4 cup chopped fresh cilantro
- 2 teaspoons fresh lime juice
- 1 teaspoon olive oil
- 1/4 cup fat-free sour cream
- 2 teaspoons adobo sauce (from canned chipotle chiles in adobo sauce)
- 1 (8-ounce) package presliced iceberg lettuce
- 1.5 ounces preshredded reduced-fat Mexican blend cheese (1/3 cup)

1. Preheat broiler to high.
2. Heat a large nonstick skillet over medium-high heat. Add beef to pan; sauté 5 minutes or until browned, stirring to crumble. Add salsa and beans; cook 5 minutes or until liquid almost evaporates.
3. Place 4 (7-ounce) ramekins upside down on a large jelly-roll pan; coat ramekins with cooking spray. Place 1 tortilla over each ramekin; fold down sides to form upside-down cups. Lightly coat tortillas with cooking spray. Broil 2 to 3 minutes on middle oven rack or until tortillas brown in spots. Remove pan from oven; let stand 1 minute. Invert tortillas, propping against ramekins and sides of pan to keep their shape; lightly coat with cooking spray. Broil an additional 2 minutes on middle rack or until browned. Remove from heat; cool slightly.
4. Place tomato, avocado, cilantro, lime juice, and oil in a small bowl; toss gently to combine. Combine sour cream and adobo sauce in a small bowl, stirring well.

PHOTOGRAPHY: (BLACK BEANS) RANDY MAYOR



5. Divide lettuce evenly among tortilla bowls. Top evenly with beef mixture; sprinkle evenly with cheese. Divide avocado mixture evenly over top; dollop 1 tablespoon sour cream mixture over each serving.

SERVES 4 *(serving size: 1 salad)*
CALORIES 446; **FAT** 16.7g (sat 5.4g, mono 7.7g, poly 1.7g); **PROTEIN** 30g; **CARB** 43g; **FIBER** 10g; **CHOL** 56mg; **IRON** 5mg; **SODIUM** 607mg; **CALC** 307mg

KEYS TO A BETTER TACO SALAD



WHOLE-WHEAT TORTILLAS AND COOKING SPRAY still give you a crispy shell while saving 138 calories and 160mg sodium per serving over oiled white flour tortillas.



BLACK BEANS add 3g fiber and bulk up our beef mixture to save 80 calories and 3.3g sat fat per serving over a larger portion of fattier beef.



REFRIGERATED FRESH SALSA is not only convenient and quick but also flavor-packed, with 80% less sodium than taco seasoning.




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Now with MORE Real Strawberries!
Kellogg's Special K Red Berries
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GO MEATLESS MORE OFTEN

As research reveals the health benefits of a plant-based diet and chefs get creative with vegetables, it's exciting to skip meat these days.

BY ALISON ASHTON



Call it what you like: vegetarian, vegan, flexitarian, plant-based, vegetable-forward cuisine. It all adds up to us gobbling more vegetables and less meat. "Once we hit 54% of Americans now looking to reduce or completely eliminate meat from their diet, that's not fringe anymore," says Karen Page, author of *The Vegetarian Flavor Bible.* "That's mainstream, and chefs are changing in response to the customers."

Even in France—that bastion of boeuf bourguignon—chef Joël Robuchon recently declared, "The cuisine of the next 10 years will be vegetarian," and Alain Ducasse has kicked red meat off the menu at his Michelin-starred restaurant at the Plaza Athénée.

There has never been a more delicious time for food lovers to focus on plants.

ILLUSTRATION: SARAH WILKINS

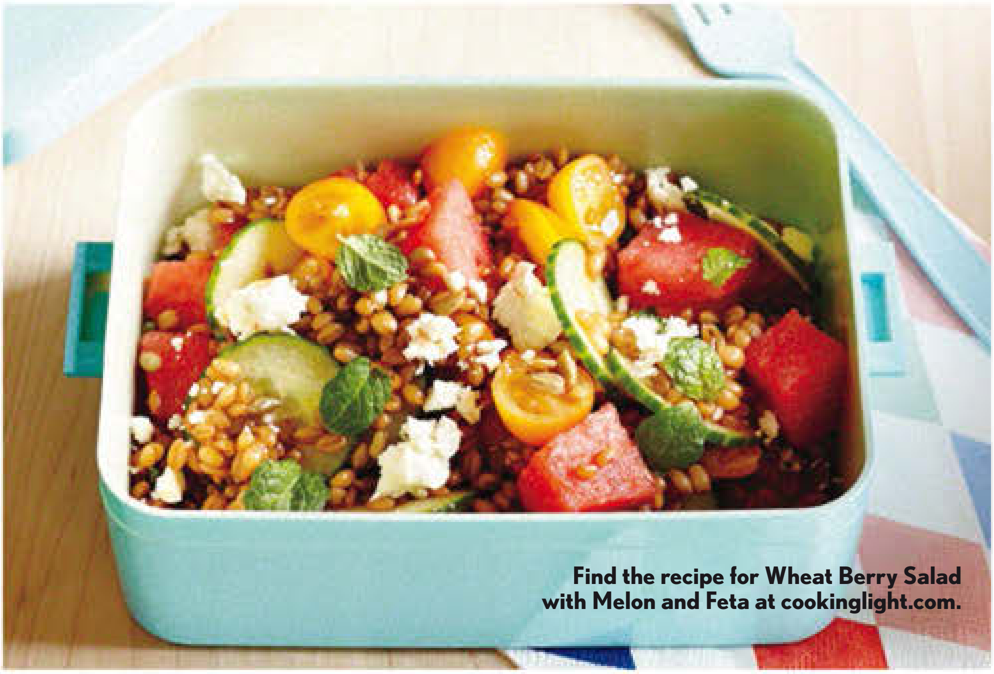
The MEATLESS HABIT

> "Plants protect people. And what are they protecting them from? Obesity, diabetes, heart disease, and cancer."

Beyond Tofu:

3 Smart Plant Proteins

These options all cater to a wide range of diners, from those who are committed to a plant-based diet to those who dabble.



Find the recipe for Wheat Berry Salad with Melon and Feta at cookinglight.com.

1 GO FOR (WHOLE) GRAINS

Grains are a great way to get protein—as long as you opt for whole varieties, since those refined to remove their bran and germ sacrifice up to 25% of their protein, along with a host of other nutrients. Quinoa and amaranth (known as pseudograins because they're technically seeds) are particular favorites because they're complete proteins that boast all nine essential amino acids. But other whole grains, from your morning oatmeal to your lunchtime bulgur salad, offer varying levels of protein as well, so enjoy a variety. There's also meaty-textured seitan, made from wheat gluten and nicknamed "wheat meat," Page notes. It's best marinated, then baked, fried, grilled, sautéed, or stir-fried.

PROTEIN TALLY 5 to 9 grams per cup, depending on the variety, for cooked whole grains; 21 grams per 3-ounce serving of seitan



2 BEAN CUISINE

"There are far more beans and lentils than there are animal proteins," says Dawn Jackson Blatner, RDN, author of *The Flexitarian Diet.* "When I think of Italian food, I think of white beans. When I think of Mexican food, I think of pinto beans or black beans."

Garbanzo beans are a natural in Greek and Middle Eastern fare, while edamame is right at home in an Asian stir-fry. Legumes are turning up everywhere—from variations on hummus to roasted chickpea snacks to pastas.

And soybeans deserve a special mention, since they're the source of such versatile meatless standbys as tofu and tempeh.

"Plants protect people," Blatner says. "And what are they protecting them from? Obesity, diabetes, heart disease, and cancer."

PROTEIN TALLY 7 to 8 grams of protein per ½ cup

3 ADD NUTS AND SEEDS

Whole nuts and seeds are two of the world's easiest and most satisfying snacks. Use toasted nuts as a garnish over salads and oatmeal or incorporated into a veggie burger mix. Nut and seed butters are tasty thickeners in soups and smoothies, and they add great flavor to sauces and dressings; try tahini (ground sesame seeds) as a base for salad dressing. Nut-based flours lend flavor—and protein—to baked goods.

PROTEIN TALLY 4 to 7 grams per ounce of whole nuts and seeds or nut and seed butter, depending on the variety. They're calorically dense, too (about 170 calories per ounce), so enjoy them in moderation.



PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

The BEAUTY HABIT

Get Glowing with Berries

Pick products with these fruity summer gems for skin-beautifying benefits.

BY CINDY HATCHER



PHOTOGRAPHY: ROBBIE CAPONETTO; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN

RALPH LAUREN

MIDNIGHT ROMANCE DELUXE ATOMIZER

This classic, sexy scent has received a glamorous update in its new atomizer bottle. Top notes of raspberry blend with peony, jasmine, and vanilla for a mix of sweet and sultry. *$90,* **ralphlauren.com**

ESSENTIAL

FATTY ACIDS IN BERRY SEED OILS HELP SKIN STAY HYDRATED AND REDUCE INFLAMMATION.

AVEDA

NOURISH-MINT SMOOTHING LIP COLOR

A mixture of plant and fruit waxes, such as raspberry, helps plump and smooth fine lines so lips look luscious. The matte formula is a vibrant, berry-inspired choice for summer. *$16,* **aveda.com**

THE ANTIOXIDANTS IN BERRIES HELP PROVIDE THEIR

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HUES AND ERASE FREE RADICAL DAMAGE ON SKIN.

Berries are naturally high in salicylic acid, a skin smoother.



DERMALOGICA

ULTRACALMING CLEANSER

Skip the worry that cleansing sensitive facial skin will irritate or cause redness with this creamy gel cleanser. Raspberry extract helps nourish skin. *$36,* **dermalogica.com**

OLAY

FRESH OUTLAST COOLING WHITE STRAWBERRY & MINT BODY WASH

Designed with milder cleansers for sensitive skin, the strawberry-laced scent will last long beyond your shower. *$5.50,* **olay.com**

HAIR FOOD

ROOT CLEANSING SHAMPOO

This deep-cleansing shampoo helps remove buildup so hair looks shinier and feels cleaner. Strawberry and ginger extract add a refreshing, energizing zing. *$10,* **target.com**

Summer-Ready Legs

The latest items to keep your gams looking glam.

A RAZOR

Schick Hydro Silk TrimStyle Razor ($14, schick.com) boasts five guarded blades to keep skin smoother and softer. Bonus: One product covers both leg and bikini maintenance needs.



A SHAVING CREAM

Gilette Venus with a Touch of Olay Violet Swirl ($3, gilettevenus .com) is designed to stay on skin longer so you can see where you've shaved and are less likely to miss spots.



A TANNER

Jergens Natural Glow Instant Sun Sunless Tanning Mousse ($12, jergens.com). The brand ups their "glow" game with a mousse formula that dries to a sun-kissed look in 60 seconds.



A LOTION

Suave Professionals Sea Mineral Infusion Spray Lotion ($6, suave .com). Spritz on this light formula and go. It's infused with nourishing minerals and absorbs fast. Great for gym and travel.



The **BEAUTY HABIT**

What's in Your Bag, PADMA LAKSHMI?

The *Top Chef* hostess dishes on her beauty favorites.



In addition to hosting Bravo's *Top Chef,* Emmy-nominated Padma Lakshmi is a cookbook author, model, and entrepreneur (look for Padma's Easy Exotic, her line of side dishes and rice mixes, at Costco). Needless to say, she's got a lot on her plate. "I've always been a fan of dash-and-go beauty," Lakshmi says. "I don't spend hours in front of the mirror. The keys to beauty are really sleep, water, and a diverse diet. And the most important thing is to laugh."



1 MAC COSMETICS
BLOT FILM
These little guys come in handy, especially right before I get out of the car. *$16,* **maccosmetics.com**

2 CLARINS
BEAUTY FLASH BALM
This gentle moisturizer is nourishing without feeling heavy. *$46,* **clarins.com**

3 PHYTO
PHYTOVOLUME ACTIF
I spritz my roots before blow-drying upside down for a ton of volume. *$29,* **phyto-usa.com**

4 NARS
VELVET MATTE LIP PENCIL IN DOLCE VITA
This vibrant color makes your mouth look fresh and kissable. *$26,* **narscosmetics.com**

5 URBAN DECAY
24/7 GLIDE-ON EYE PENCIL IN SABBATH
I love how soft this pencil is, yet the color is super-saturated and rich. *$20,* **urbandecay.com**

PADMA LAKSHMI: D DIPASUPIL/GETTY. CINDY HATCHER: RANDY MAYOR; HAIR AND MAKEUP STYLING: CELINE C. RUSSELL



CINDY HATCHER BEAUTY EDITOR

WHAT I LOVE THIS MONTH

Benefit Roller Lash Mascara ($24, benefitcosmetics.com) It seems like innovative mascara formulas and wand designs are constantly popping up, but Benefit's new hook-and-roll brush is a game changer. It helps grab and separate lashes and holds them in curl-like place for up to 12 hours.



WHAT ABOUT YOU?

Cindy Hatcher is *Cooking Light's* beauty editor. Tell her what products you're loving right now at **cindy_hatcher@timeinc.com.** We'll feature your top picks on our blog.




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The DIET HABIT

The Right Way to Talk to Your Kids About Weight

Correct answer: not at all.



Remember how much fun it was when your parents would talk to you about your weight? No, you absolutely don't. Because 10 out of 10 parents and kids agree: Parents talking to kids about weight is the opposite of fun. Well-intentioned parents doing their best to protect their kids from the health effects and the social stigma of obesity can say things that—instead of inspiring their much-loved child to skip the Skittles—can cause him or her a world of hurt.

Happily for all of us, Jerica Berge, PhD, and her colleagues at the University of Minnesota Twin Cities have finally identified the best way to talk to your child about weight: Don't mention it. At all. Ever.

That's right. When it comes to talking to your kids about weight, the experts' consensus is this: Zip it. "When parents focused on weight with comments like 'You're looking heavy' or 'You shouldn't eat that; you don't want to get fat,' that language was actually associated with a higher rate of obesity," Berge says.

And when a child's parents encouraged him or her to diet, that child was at higher risk for binge-eating, low self-esteem, and, in the case of overweight kids, depression. Diet talk from dads was particularly damaging and was linked to both weight gain and eating disorders.

What *can* you say to steer your kids in the direction of healthy eating habits? Avoid mention of weight, size, or shape. "Focus on health, strength, and growth, and talk about improving the family's health rather than singling out any individual for shaming," advises Berge. "Try phrases like 'Our family eats healthy foods so we can have strong bones and muscles.'"

And Berge recommends serving those healthy foods at family meals. There is solid evidence that regular family meals—even just two to three a week—are one thing that frazzled, weight-worried parents can do for their kids to significantly reduce their risk of weight struggles, not just in childhood but into adulthood. They provide what Berge calls "an enduring protective effect," the research equivalent of a warm security blanket for worried moms and dads.

–JENNIFER DRAWBRIDGE

ILLUSTRATION: SARAH WILKINS

The TRAVEL HABIT

Washington, D.C.
In about 2,000 calories and 10,000 steps*

*A unique guide to good eating and great exercise for hungry travelers

See the exercise math at *cooking light.com/features.*

MORNING

The Potomac

Paddle this historic waterway from ❶ **KEY BRIDGE BOATHOUSE** (boatingindc.com), where you can rent kayaks by the hour, to **NAUTI FOODS** (facebook.com/nautifoods), a boat that patrols the river with snacks. Grab a locally made Bullfrog Bagel and a veggie juice on board.
Burn: 340 calories
Eat: 391 calories

CAPITAL ICONS

The Mall

Walk 1.6 miles to the **LINCOLN MEMORIAL.** Climb the memorial's 57 steps to pay your respects. Stroll 1.25 miles up the ❷ **NATIONAL MALL** to the Museum of American History, where you'll find fitness inspiration from Apolo Ohno's skates and Muhammad Ali's gloves.
Burn: 198 calories

LUNCH

H Street

Give your legs a break and jump on a bus east to H Street at 14th, a new dining destination thanks to chef-driven restaurants and hip bars mingled with ethnic fare, from Ethiopian cafés to Irish pubs.

Stop at **MAKETTO** (maketto1351.com), a restaurant-meets-mercantile that opened this spring. Here chef Erik Bruner-Yang creates dishes inspired by Cambodian street food. Opt for lighter plates, like the crunchy papaya salad, rice paper summer rolls, and *samlaw machou kroeung,* a spicy beef and eggplant soup. Grab a Vigilante Coffee latte on your way out.
Eat: 1,092 calories

HISTORY TOUR

Capitol Hill

Rent wheels at a **CAPITAL BIKESHARE** (capitalbikeshare.com) station—there's one at H and 13th—and cycle south for 2 miles. Drop the bike off at Third and D streets to meet up with **DC BY FOOT** (freetoursbyfoot.com) for a guided trip around Capitol Hill.
Burn: 168 calories

SNACK BREAK

Barracks Row

Make your way to the section of Eighth Street known as Barracks Row to give in to temptation at the ❸ **SWEET LOBBY** (sweetlobby.com). Here NIH researcher-turned-baker Winnette Ambrose makes indulgent macarons in Caribbean-inspired flavors such as spiced Creole cacao and coconut.
Burn: 68 calories
Eat: 150 calories

MEDITATION AND MICROBREWS

Riverfront Rest

It's just a 15-minute walk to the Anacostia River, the focus of a multimillion-dollar project adding running trails and green spaces. Practice your sphinx pose in one of the free yoga classes held this summer.

Up the road, the ❹ **BLUEJACKET BREWERY** (bluejacketdc.com) makes dozens of brews in house. Order one, along with some fried chickpeas and the Pickle Pot, where classic dills are joined by carrots, cauliflower, and even grapes and kumquats.
Burn: 232 calories
Eat: 685 calories

DINNER AND DRINKS

Eighth Street

Don't be surprised to see a line at ❺ **ROSE'S LUXURY,** back on Barracks Row. Try the sausage, lychee, and habanero salad, or the hot chicken—toast piled high with jerk-rubbed chicken, peppers, mint, pineapple, green papaya, and onion.

After, walk six blocks to the **TUNE INN** (202-543-2725), a dive bar where you'll rub shoulders with lawmakers. While your hands stay busy with a cold can, keep your ears peeled for Capitol gossip.
Burn: 82 calories
Eat: 638 calories

—**Stirling Kelso**

TOTAL BURNED: 1,088
TOTAL EATEN: 2,956
TOTAL STEPS: 12,100
[NET CALORIES: 1,868]

Cooking Light & Health
THE FIT FOODIE 5K RACE WEEKEND

JOIN US!
The *Cooking Light* & *Health* Fit Foodie 5K Race Weekend happens **June 19 to 21** in the D.C. metro area. The three-day fest includes giveaways, cooking and fitness demos, and a 5K race. Visit **fitfoodierun.com** to save 10% with promo code CL10.



PHOTOGRAPHY: (CLOCKWISE FROM BOTTOM LEFT) CHRISTIAN SCIENCE MONITOR/GETTY; COURTESY OF BOATING IN D.C.; SCOTT SUCHMAN; COURTESY OF THE SWEET LOBBY/ALLISON HATHAWAY; COURTESY OF BLUEJACKET BREWERY/MARISSA BIALECKI



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Show Broccoli How to Live a Little.



Outdo Ordinary™

EatWisconsinCheese.com

Plant These 5 Herbs Now

Save money and brighten up your cooking by growing herbs.

BY MARY BETH SHADDIX



Herbs are at the flavor-packed center of many of our favorite summer dishes, but at $4 a pop for a tiny bunch crammed in a plastic clamshell, they can add bulk to your grocery budget. Fortunately, many common herbs are easily—and definitely more affordably—grown in containers or beds.

Plants and seeds are available at local garden centers, online (you can try thegrowers-exchange.com), or even at the supermarket: Stores often carry potted herbs in the produce section for the same price as a few snipped leaves.

We've chosen a mix of favorite herbs, both everyday and gourmet, to grow on your own that save you money and expand your culinary options.

A few containers of fragrant leaves by the kitchen door create a scenic, flavorful stoop.

PHOTOGRAPHY: JENNIFER CAUSEY; PROP STYLING: LINDSEY LOWER



OREGANO

Grow this sprawling, fuzzy-leaved Mediterranean herb as a pretty "spiller" in a flowerpot arrangement. It prefers well-drained soil and full sun. Look for unusual varieties to add to your growing collection, such as 'Hopley's Purple' or 'Hot & Spicy.'

DILL

You can grow these fluffy, full plants for the same price as one small pouch of cut leaves. It thrives in full sun but can also take part shade and cooler temps. Give it plenty of room to grow, and water frequently. Try the compact 'Fernleaf' variety for containers.

CHIVES

Finely mince and sprinkle this onion relative in salads or atop soups for a flavorful bite. Their purple globular blossoms are also edible. You can go beyond basic with garlic chives, which sport a slightly different flavor in their flat leaves and white blooms.

TARRAGON

Dark green, ribbony leaves lend a slight anise flavor to sauces and dressings. Prefers well-drained soil, morning sun, and steady watering. Look for French tarragon instead of Russian. In hot, humid climates, substitute Mexican tarragon for a similar flavor.

BASIL

It's easy to start from seed and a prolific producer that thrives in full sun and soil with plenty of moisture. The gold standard for this garden great is 'Genovese,' an emerald variety of sweet basil with especially good flavor. (See our favorite basil varieties at right.)



OTHER BASIL VARIETIES

Basil encompasses more than just the basic sweet 'Genovese' staple. Try growing one of these types to expand your understanding of what basil can do in dishes and drinks.



THAI SWEET
Slender, smaller leaves yield a spicy anise flavor that goes well with Asian dishes. Quick to produce showy purple flowers, it's as ornamental as it is edible.



PURPLE VARIETIES
such as 'Purple Ruffles,' 'Dark Opal,' and 'Red Rubin.' Leaves give pink or purplish color to lemonade, cocktails, and herbed vinegars and lend a full-flavored anise kick beyond sweet basil.



BOXWOOD BUSH
Compact varieties of 'Spicy Bush' and 'Boxwood' with tiny leaves that don't require chopping. Just pull the leaves off the stem, and sprinkle over pasta and pizza.



MEET OUR GARDENER
Mary Beth Shaddix is a gardener and writer based near Birmingham, Alabama. She plans and oversees the Cooking Light Garden and contributed to *Pick Fresh,* our cookbook and garden guide. Connect with Mary Beth at marybethshaddix.com or @mbshaddix on Instagram and Twitter.

PHOTOGRAPHY: (RECIPES) ALISON MIKSCH; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN. PORTRAIT: RANDY MAYOR

THAI BASIL-GINGER SPRITZER

Hands-on: 5 min. Total: 13 min.

Paired with peppery ginger, the anise flavor of Thai basil gives you a highly refreshing summer sipper. Look for kaffir lime leaves at Asian markets. If kaffir leaves are unavailable, simply omit. This recipe will also work nicely with fresh mint or cilantro sprigs instead of Thai basil.

- 1 cup water
- 1/2 cup sugar
- 3 tablespoons sliced peeled fresh ginger
- 2 Thai basil sprigs
- 2 kaffir lime leaves
- 3 cups prosecco or other sparkling wine
- 6 lime wedges

1. Combine 1 cup water and sugar in a small saucepan. Bring to a boil; cook 1 minute. Remove from heat. Stir in ginger, 2 Thai basil stems (reserving leaves), and kaffir lime leaves. Cover sugar mixture; let stand 10 minutes. Strain over a bowl; discard solids.

2. Place ½ cup crushed ice in each of 6 glasses. Add reserved basil leaves to each glass; stir gently to bruise leaves. Add 2 tablespoons sugar mixture, ½ cup prosecco, and 1 lime wedge to each glass. Stir gently; serve immediately. Reserve remaining sugar mixture for another use.

SERVES 6
CALORIES 129; **FAT** 0g; **PROTEIN** 0g; **CARB** 14g; **FIBER** 0g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 0mg; **CALC** 0mg

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.



Fresh herbs turn a simple Mediterranean salad into a summertime stunner.

HERBED SHRIMP WITH TOMATO-SPINACH SALAD

Hands-on: 20 min. Total: 20 min.

- ¼ cup chopped fresh flat-leaf parsley
- 2 tablespoons chopped fresh oregano
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons red wine vinegar
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ½ teaspoon honey
- 1 pound large shrimp, peeled and deveined
- 1 cup heirloom grape tomatoes, halved
- Cooking spray
- 4 cups baby spinach leaves
- ½ cup thinly sliced radicchio
- ½ cup thinly sliced fennel bulb
- ¼ cup torn mint leaves
- 2 ounces feta cheese, crumbled (about ½ cup)

1. Combine first 7 ingredients in a mini food processor; process until finely chopped. Combine 1½ tablespoons parsley mixture and shrimp in a medium bowl; toss to coat. Combine remaining parsley mixture and tomatoes in a large bowl; toss to coat. Heat a grill pan over high heat. Lightly coat pan with cooking spray. Add shrimp to pan; grill 3 minutes. Turn shrimp over; cook 1 minute or until done.

2. Add spinach, radicchio, fennel, and mint to tomato mixture; toss to coat. Arrange spinach mixture on a platter. Arrange shrimp on top of spinach mixture; sprinkle with feta.

SERVES 4 *(serving size: about 1 cup spinach mixture, 5 shrimp, and 2 tablespoons feta)*
CALORIES 212; **FAT** 11.4g (sat 3.3g, mono 6.2g, poly 0.9g); **PROTEIN** 19g; **CARB** 8g; **FIBER** 2g; **CHOL** 156mg; **IRON** 2mg; **SODIUM** 616mg; **CALC** 173mg



ROASTED SALMON WITH DIJON-DILL SAUCE

Hands-on: 10 min. Total: 20 min.

Pungent Dijon and fragrant dill are classic pairings for salmon. The creamy coating helps keep the fish moist.

- 3 tablespoons plain 2% reduced-fat Greek yogurt
- 1½ tablespoons canola mayonnaise
- 1½ tablespoons Dijon mustard
- 2 tablespoons chopped fresh dill
- 2 teaspoons fresh lemon juice
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 1 garlic clove, minced
- 4 (6-ounce) fresh or frozen sustainable salmon fillets (such as wild Alaskan), skinned
- Cooking spray
- Fresh dill sprigs

1. Preheat oven to 425°.

2. Combine first 8 ingredients. Place fish, skinned side down, on a foil-lined baking sheet coated with cooking spray. Spread yogurt mixture over fish. Bake at 425° for 10 minutes or until desired degree of doneness. Top with dill sprigs.

SERVES 4 *(serving size: 1 fillet)*
CALORIES 270; **FAT** 12.4g (sat 1.8g, mono 4.5g, poly 4.8g); **PROTEIN** 35g; **CARB** 2g; **FIBER** 0g; **CHOL** 94mg; **IRON** 1mg; **SODIUM** 494mg; **CALC** 30mg

—Recipes by Adam Hickman and Laura Zapalowski

MORE ONLINE

Find past planting plans, our favorite varieties to grow, and harvest tips at cookinglight.com/garden. Use #CLPickFresh to connect with us.

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.



Proactively manage your recurring symptoms with LINZESS®

Do you keep taking laxatives, but can't get your symptoms to stay away? You may have more than just occasional constipation. It's time to talk to your doctor about your belly pain and constipation. Then ask about LINZESS, a once-daily capsule that's approved to help adults manage symptoms of IBS with Constipation. LINZESS works differently from laxatives. It is thought to work in two ways: by helping to calm pain-sensing nerves*, and by accelerating bowel movements. LINZESS may relieve your belly pain and let you have more frequent and complete bowel movements that are easier to pass.

Bottom line, if your IBS-C symptoms keep coming back, ask your doctor about LINZESS today.

*This was seen in animal studies and the relevance to humans is not known.

Who is LINZESS for?

Prescription LINZESS® (linaclotide) is for adults with IBS-C.
It is not known if LINZESS is safe and effective in children.

IMPORTANT RISK INFORMATION

- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk.
- **About all the medicines you take**, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Side Effects

LINZESS can cause serious side effects, including diarrhea, the most common side effect, which can sometimes be severe. Diarrhea often begins within the first 2 weeks of LINZESS treatment. **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include gas, stomach-area (abdominal) pain, swelling, or a feeling of fullness or pressure in your abdomen (distension). Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdominal) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Learn about our money-saving offer at LINZESS.com.

Please see brief summary of Medication Guide on the next page.

Linzess® (linaclotide) capsules 145 mcg • 290 mcg

Brief Summary of Important Risk Information LINZESS® (lin-ZESS) Capsules

Linzess (linaclotide) capsules 145 mcg • 290 mcg

This information does not take the place of talking to your doctor about your medical condition or your treatment.

What is LINZESS?

LINZESS is a prescription medication used in adults to treat irritable bowel syndrome with constipation (IBS-C) and a type of constipation called chronic idiopathic constipation (CIC). "Idiopathic" means the cause of the constipation is unknown. **It is not known if LINZESS is safe and effective in children.**

What is the most important information I should know about LINZESS?

- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**

Who should not take LINZESS?

- **Do not give LINZESS to children who are under 6 years of age.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

What should I tell my doctor before taking LINZESS?

Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk. Talk with your doctor about the best way to feed your baby, if you take LINZESS.
- **About all the medicines you take,** including prescription and non-prescription medicines, vitamins and herbal supplements.

How should I take LINZESS?

- Take LINZESS exactly as your doctor tells you to take it.
- Take LINZESS one time each day on an empty stomach, at least 30 minutes before your first meal of the day.
- Swallow LINZESS capsules whole. Do not break or chew the capsules.
- If you miss a dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time.

What are the possible side effects of LINZESS?
LINZESS can cause serious side effects, including:

- **Diarrhea is the most common side effect of LINZESS, and it can sometimes be severe.** Diarrhea often begins within the first 2 weeks of LINZESS treatment.
- **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include:

- gas
- stomach-area (abdomen) pain
- swelling, or a feeling of fullness or pressure in your abdomen (distention)

Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdomen) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store LINZESS?

- Store LINZESS at room temperature between 68°F to 77°F (20°C to 25°C).
- It is important to keep LINZESS in the bottle that it comes in.
- The LINZESS bottle contains a desiccant packet to help keep your medicine dry (protect it from moisture). Do not remove the desiccant packet from the bottle.
- Keep the container of LINZESS tightly closed and in a dry place.

Keep LINZESS and all medicines out of the reach of children.

Need more information?

- This section summarizes the most important information about LINZESS. If you would like more information, talk with your doctor.
- Go to www.LINZESS.com or call 1-800-678-1605.

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Cook like a genius as ***Keith Schroeder*** *reveals the science behind his art.*



mad delicious

THIS MONTH'S LESSON

MAKE-AHEAD Whole-Grain Salads

In early summer, when much of the fresh produce (think summer squash, melons, and lettuces) is water-heavy, it's a challenge to build a grain salad that holds up well enough to make ahead. Smart choices with your components make the difference between sad sogginess and a vibrant, flavor-packed salad.

Think of both texture and taste: English cucumbers and fresh blueberries will maintain their crunch and pop in a make-ahead salad. A quick soak in water keeps raw onion crisp but tames the pungency so it won't dominate flavors over time.

Cracked bulgur wheat is incredibly easy to prepare and boasts a satisfying chew. It also absorbs flavor well, which brings us to the all-important dressing: Pureeing herbs right into the vinaigrette keeps the delicate leaves from wilting and infuses bright, fresh taste into the grains and throughout the salad, making it even better as it sits.



Atlanta chef Keith Schroeder's first Cooking Light *cookbook,* Mad Delicious, *came out last fall.*



Blueberry and Feta Bulgur Salad with Mint Dressing
Recipe p. 114

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: LINDSEY LOWER. PORTRAIT AND BOOK: RANDY MAYOR; STYLING: LINDSEY LOWER

mad delicious

Keith's Recipe Breakdown

BLUEBERRY AND FETA BULGUR SALAD WITH MINT DRESSING

Hands-on: 15 min. Total: 30 min.

You can make this fresh, summery picnic dish up to two days ahead. If you'd like a fresh herb garnish (as shown on page 113), pack the leaves separately, and sprinkle onto the salad shortly before serving.

Ingredient	Amount	Why
Water	1 cup	To hydrate the bulgur wheat.
Cracked bulgur wheat	1 cup	For body, chew, and nuttiness.
Mint leaves	3/4 cup	For fresh summer flavor infused into every bite.
Extra-virgin olive oil	1/3 cup	Fat adds richness, and olive oil adds welcome pepperiness and herbal notes.
Fresh lemon juice	1 1/2 tablespoons	Bright, versatile acid complements any herb.
Kosher salt	5/8 teaspoon	Brings flavors into focus.
Black pepper, freshly ground	1/2 teaspoon	Adds a little punch.
English cucumber, diced	1 1/2 cups	The melon-esque flavor is a great match for the berries, and English cucumbers are less watery than the standard variety.
Blueberries	1 1/4 cups	They add the perfect amount of sweetness, and they won't stain the salad as it sits.
Red onion	3/4 cup, thinly vertically sliced, soaked in cold water for 10 minutes, and drained	Red onion adds crisp texture and a welcome hit of allium pungency. A quick soak in cold water leaves the slices crunchy but a little milder in flavor so they won't overwhelm the berries and cukes.
Feta cheese	2 ounces, crumbled (about 1/2 cup)	Brine and tang to balance the sweet, mellow taste of blueberries and cucumber.

SERVES 8 *(serving size: 3/4 cup)*
CALORIES 200; **FAT** 11g (sat 2.4g, mono 7g, poly 1.2g); **PROTEIN** 4g; **CARB** 24g; **FIBER** 5g; **CHOL** 6mg; **IRON** 2mg; **SODIUM** 236mg; **CALC** 68mg

Follow These Steps:

» Bring 1 cup water to a boil in a small saucepan.

» Combine the boiling water and bulgur in a mixing bowl. Let mixture stand, covered, 25 minutes or until all water is absorbed.

» Place the mint, oil, lemon juice, salt, and pepper in a blender; process until pureed.

» Use a fork to fluff the bulgur. Add the dressing, cucumber, blueberries, onion, and feta to the grains; toss to combine.

VARIATION

TOMATO AND CORN BULGUR SALAD

Sub basil for the mint, halved cherry tomatoes for the cucumber, fresh corn kernels for the blueberries, and 1/4 cup toasted pine nuts for the feta. **Sprinkle** with 2 cooked and crumbled bacon slices.

SERVES 8
(serving size: 3/4 cup)
CALORIES 212; **FAT** 13.4g (sat 1.9g, mono 7.9g, poly 2.7g); **PROTEIN** 5g; **CARB** 21g; **FIBER** 4g; **CHOL** 2mg; **IRON** 1mg; **SODIUM** 205mg; **CALC** 17mg



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.


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- 2015 -

FARMERS' MARKET EDITION

Summer Cookbook

Food Photography by **JASON VARNEY** • *Illustrations by* **CLARE OWEN**

Now is the best time to visit farmers' markets and cook from their bounty. Alive and glowing with glorious fresh produce, these markets do more than supply us with colorful fruits and vegetables; they also reflect and shape our food culture, reinforce our community spirit, and connect us to the people who grow what we eat. Celebrate the season with us in the following pages with recipes inspired by three urban markets.



Philadelphia

– HEADHOUSE MARKET –







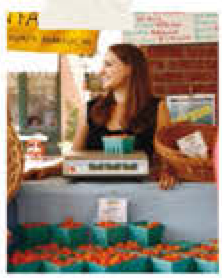


IF YOU SHOW UP early enough to market day in Headhouse Square, you can stand in the warm morning sun and hear tables going up, watch produce coming off the trucks, and soak in the easy, fluid pace of a Sunday market as it blooms. It's early summer, and Philadelphia's Headhouse Farmers' Market smells of lemon balm, garlic chives, and impossibly sweet early strawberries. Chefs such as Chris Kearse of Will BYOB and Michael Solomonov of Zahav arrive early and will still be here making deals and planning menus as crowds of elderly neighbors and city moms, young couples, and dedicated farm-to-table devotees begin their stroll beneath the Shambles—the arched open-air gallery under which this market has operated on and off since 1745.

Dedicated shoppers buy most of their weekly produce at Headhouse and know suppliers by name. There's a fair amount of hugging, but not by the first ears of sweet corn. There, it is all business—supplies are limited and no one's messing around. Cherries, blueberries, and raspberries ebb and flow, spilling over tables one week, petering out the next. At the height of the season, Headhouse can have more than 40 vendors. On slower days, just 20 or so—the pickings are slimmer, but it always feels busy. With fruits and vegetables, meat and seafood, bread, cheese, eggs, and flowers, it's a full supply-and-demand economy. Some people come only for bread or flowers. Some come for it all.

But maybe, in spite of all the bounty, you notice the cobblestones, the cupola where the bell once rang, and the red bricks of the headhouse (old-timey for "fire station") that gave the neighborhood and the market its name. Suddenly, the little dance going on in front of you (the laying of tables, the shifting of vegetables) takes on the weight of long cargo. Because right where you're standing, people have been doing this same thing for more than 250 years. –JASON SHEEHAN





PHOTOGRAPHY: (LOCATION) JASON VARNEY

WITH OVER 8,000 farmers' markets nationwide and counting, it's clear we love them, and everyone is raving about them. Here's what top foodies around the country are saying about their favorites: →



SUMMER VEGGIE PASTA, P. 125

ZUCCHINI

Fresh zucchini is firm with bright, slightly sticky skin and a moist stem. Choose those no longer than 6 to 8 inches—bigger ones can taste bitter.

50 best markets | **HEADHOUSE MARKET** PHILADELPHIA | *"It's a well-managed market with a great balance of truly committed vendors: meats, sustainable fish, fresh produce, coffee—I can just about fully live off that market and just buy toothpaste somewhere else."* **—CHEF AIMEE OLEXY,** TALULA'S GARDEN



BELL PEPPERS

Bell peppers get sweeter and deepen in color the longer they're on the vine. Yellow and orange bell peppers are different varieties, but red bell peppers are simply fully ripened green ones.

CHEESESTEAK BURGERS WITH PICKLED PEPPERS, ONIONS, AND CUCUMBER, P. 125

50 best markets

SOUTH ANCHORAGE FARMERS' MARKET
PALMER, AK

"Produce here is Wonderlandesque thanks to cool nights and sunny days. I bike from my house for sweet golden carrots, gigantic cabbage, zucchini, and everything else, from wild blueberry jam to reindeer hot dogs." **—KIM SUNÉE,** COOKBOOK AUTHOR

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Spiced Chicken with Grilled Peach Salsa

Hands-on: 25 min.
Total: 25 min.

The purple scallions at Headhouse Market have a mild, sweet taste and a beautiful deep color. Substitute green onions if you can't find their purple cousin.

- 1½ teaspoons cumin seeds
- 1½ teaspoons fennel seeds
- 1½ teaspoons coriander seeds
- 1½ teaspoons grated lime rind
- ¼ cup fresh lime juice, divided
- 4 teaspoons honey, divided
- ¾ teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 4 (6-ounce) skinless, boneless chicken breast halves
- Cooking spray
- 3 peaches, pitted and quartered
- ½ cup chopped fresh cilantro
- 1 tablespoon extra-virgin olive oil
- 2 large purple scallions or spring onions, thinly sliced
- Lime wedges (optional)

1. Place first 3 ingredients in a small skillet over medium heat; toast, shaking the pan occasionally, for 2 minutes or until fragrant. Remove from heat; coarsely grind spices using a mortar and pestle or spice grinder.

2. Combine 2 teaspoons spice mixture, lime rind, 2 tablespoons juice, 2 teaspoons honey, ½ teaspoon salt, and ¼ teaspoon pepper in a large bowl. Add chicken; toss to coat. Let stand 10 minutes.

3. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add chicken; cook 12 minutes or until a thermometer registers 155°, turning once. Transfer chicken to a plate; let stand 5 minutes. Thinly slice each chicken breast across the grain.

4. Recoat pan with cooking spray. Add peaches; grill 3 minutes, turning once to mark the cut sides. Transfer peaches to a cutting board; coarsely chop. Transfer peaches and their juices to a large bowl. Add remaining 1 teaspoon spice mixture, remaining 2 tablespoons lime juice, remaining 2 teaspoons honey, remaining ¼ teaspoon salt, remaining ¼ teaspoon pepper, cilantro, olive oil, and scallions. Serve chicken with salsa and lime wedges, if desired.

SERVES 4 *(serving size: 1 chicken breast and ½ cup salsa)*

CALORIES 299; **FAT** 8.1g (sat 1.6g, mono 4.1g, poly 1.3g); **PROTEIN** 36g; **CARB** 22g; **FIBER** 3g; **CHOL** 94mg; **IRON** 2mg; **SODIUM** 446mg; **CALC** 49mg

PHOTOGRAPHY: (TAPE) MAREK MNICH/ISTOCKPHOTO. FOOD STYLING: MARIAN COOPER CAIRNS; PROP STYLING: CLAIRE SPOLLEN



Pork Loin Medallions with Spicy Greens and Provolone

Hands-on: 15 min. Total: 25 min.

We've put a quick and lean spin on Philly's popular slow-roasted pork shoulder Italian hoagie by using tenderloin and turning the dish into a sort of warm salad. Serve with thinly sliced Italian bread, if desired.

- 3 tablespoons olive oil
- 2 garlic cloves, thinly sliced
- 1 thinly sliced Fresno chile (seeded, if desired)
- Cooking spray
- 1 pound boneless pork loin roast, trimmed and sliced into (¼-inch-thick) medallions
- ⅜ teaspoon kosher salt
- ½ teaspoon coarsely ground black pepper
- 1½ pounds Swiss chard, stemmed and torn
- 1 ounce provolone cheese, shredded (about ¼ cup)

1. Place oil, garlic, and chile in a small saucepan. Cook over medium heat until garlic and chile begin to sizzle. Remove from heat; set aside.
2. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Sprinkle pork with salt and pepper. Add pork to pan; cook 5 minutes or until done, turning once. Remove from pan.
3. Heat half of chile-oil mixture in a Dutch oven over medium-high heat. Add Swiss chard; sauté 3 minutes or until just wilted. Arrange chard on a platter; top with pork. Drizzle with remaining chile-oil mixture; sprinkle with cheese.

SERVES 4 *(serving size: 3½ ounces pork, ⅔ cup chard, and about 1 tablespoon chile oil)*
CALORIES 299; **FAT** 18.4g (sat 4.9g, mono 10.6g, poly 2.2g); **PROTEIN** 27g; **CARB** 8g; **FIBER** 3g; **CHOL** 62mg; **IRON** 4mg; **SODIUM** 642mg; **CALC** 163mg

Lettuce Wedge and Potato Salad

Hands-on: 15 min. Total: 25 min.

The smoky bacon-mustard dressing that coats this salad is a play on Hot German Potato Salad, a summertime favorite and a classic Pennsylvania Dutch dish.

- 1 cup thinly sliced red onion
- 3 tablespoons cider vinegar
- ¼ pound baby red potatoes
- ¼ pound green beans, trimmed
- 1 thick-cut bacon slice, diced
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon Dijon mustard
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 1 head Bibb lettuce, cut into 4 wedges
- 3 radishes, thinly sliced
- 1 tablespoon chopped fresh chives

1. Place onion and vinegar in a small bowl; toss to coat.
2. Place potatoes in a medium saucepan; cover with water to 2 inches above potatoes. Bring to a boil. Reduce heat; simmer 15 minutes or until tender. Remove potatoes from pan with a slotted spoon; cool slightly. Thinly slice potatoes. Bring water in pan to a boil. Add green beans; cook 3 minutes or until crisp-tender. Drain. Rinse beans under cold water; drain.
3. Cook bacon in a small skillet over medium heat 6 minutes or until crisp. Remove from heat. Drain vinegar from onions into skillet with bacon and drippings. Add oil, mustard, salt, and pepper, stirring with a whisk. Arrange lettuce wedges on 4 plates; top evenly with onion, potatoes, green beans,



and radishes. Drizzle with vinaigrette, and sprinkle with chives.

SERVES 4 *(serving size: 1 wedge, 1 tablespoon dressing, ¼ cup potatoes, ¼ cup beans, and about 1½ teaspoons radishes)*
CALORIES 117; **FAT** 6.9g (sat 1.6g, mono 3.9g, poly 0.8g); **PROTEIN** 3g; **CARB** 12g; **FIBER** 2g; **CHOL** 5mg; **IRON** 1mg; **SODIUM** 207mg; **CALC** 37mg

50 best markets | **BOULDER FARMERS' MARKET** BOULDER, CO | *"You can get organic and locally grown anything here, from fresh produce to spectacular flowers, awesome cheese, and great Colorado lamb."* —**CHEF JENNIFER JASINSKI,** RIOJA



RASPBERRY-LIME RICKEY SLUSHIES, P. 124

RASPBERRIES

These delicate gems require a bit of TLC. Avoid piling them up or they'll get squashed. Refrigerate berries as soon as you can after purchasing, and only rinse right before you plan to use them to prevent mold from developing.



Strawberry Cheesecake Pops

Hands-on: 10 min. Total: 4 hr.

STAFF FAVE *From the land of cream cheese comes this frosty twist on cheesecake.*

- 1 (5-ounce) can evaporated low-fat milk
- 1⁄4 cup sugar
- 3 ounces 1⁄3-less-fat cream cheese, softened
- 1⁄4 cup plain fat-free Greek yogurt
- 1 teaspoon vanilla extract
- 3 tablespoons light-colored corn syrup
- 1 teaspoon lemon juice
- 10 ounces strawberries, hulled
- 1⁄4 cup graham cracker crumbs

1. Combine milk and sugar in a saucepan over medium heat; cook 3 minutes. Place cream cheese in a medium bowl; gradually add milk mixture, whisking until smooth. Stir in yogurt and vanilla. Cool completely.
2. Place corn syrup, juice, and berries in a blender; process until smooth. Divide half of cream cheese mixture among 6 (4-ounce) ice-pop molds. Top with strawberry mixture, followed by remaining cream cheese mixture. Stir slightly with a skewer. Freeze 4 hours or until solid.
3. Unmold ice pops; dip tips in graham cracker crumbs.

SERVES 6 *(serving size: 1 ice pop)*
CALORIES 154; **FAT** 4.1g (sat 1.9g, mono 1g, poly 0.3g); **PROTEIN** 4g; **CARB** 26g; **FIBER** 1g; **CHOL** 14mg; **IRON** 0mg; **SODIUM** 101mg; **CALC** 91mg



Raspberry-Lime Rickey Slushies

Hands-on: 5 min. Total: 5 min.

Red raspberries' juicy, perfumey, sweet flavor peaks from late June through August and is just right for this summer cooler. We spiked the drink with an herbaceous, citrusy gin that's distilled in small batches in Philadelphia. You can also omit the gin for a refreshing mocktail.

- 2 1⁄2 cups ice cubes
- 1 1⁄2 cups sparkling water
- 1⁄2 cup gin (such as Bluecoat American Dry Gin)
- 6 tablespoons sugar
- 1⁄4 cup fresh lime juice
- 8 ounces fresh raspberries, frozen
- Lime wedges (optional)

1. Combine first 6 ingredients in a blender. Blend until smooth. Serve slushies with lime wedges, if desired.

SERVES 4 *(serving size: 1 1⁄2 cups)*
CALORIES 173; **FAT** 0.4g (sat 0g, mono 0g, poly 0.2g); **PROTEIN** 1g; **CARB** 28g; **FIBER** 4g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 2mg; **CALC** 18mg

50 best markets | **WEST PALM BEACH GREENMARKET** WEST PALM BEACH, FL | *"The views are beautiful, and variety ranges from upscale meats and cheese to messy Cuban food and home-grown vegetables. There's a kiddie play market, and they allow dogs."* —**CHEF MICHELLE BERNSTEIN,** MICHY'S

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Summer Veggie Pasta

Hands-on: 15 min.
Total: 30 min.
No-cook veggies make this easy dish a weeknight favorite. Peeling zucchini and squash into ribbons makes them fun to eat for kids.

- 1/2 pound uncooked whole-grain linguine
- 1/2 pound zucchini
- 1/2 pound yellow squash
- 1 pound tomatoes, finely chopped (3 medium tomatoes)
- 2/3 cup finely chopped red onion
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons champagne or white wine vinegar
- 1 teaspoon sugar
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 garlic cloves, minced
- 3 tablespoons panko (Japanese breadcrumbs), toasted
- 8 small basil leaves
- 4 radishes, thinly sliced
- 1 ounce Parmigiano-Reggiano cheese, grated (about 1/4 cup)

1. Cook pasta according to package directions, omitting salt and fat. Drain.
2. While the pasta cooks, shave zucchini and squash into thin ribbons using a vegetable peeler; place in a large bowl. Add tomatoes and next 7 ingredients (through garlic) to bowl; toss to combine. Let stand 15 minutes, stirring occasionally to coat.
3. Add pasta to vegetables, tossing gently to combine. Top with panko, basil, radishes, and cheese.

SERVES 4 *(serving size: 1 1/2 cups)*
CALORIES 350; **FAT** 10.9g (sat 2.3g, mono 5.6g, poly 1g); **PROTEIN** 12g; **CARB** 16g; **FIBER** 9g; **CHOL** 6mg; **IRON** 1mg; **SODIUM** 380mg; **CALC** 113mg



Cheesesteak Burgers with Pickled Peppers, Onions, and Cucumber

STAFF FAVE

Hands-on: 15 min.
Total: 45 min.
Quick pickles add tangy crunch to our fresh riff on the cheesesteak sandwich. Avoid overworking the meat when you mix and shape the patties; you run the risk of making them tough (see page 158 for tips).

- 1/2 cup cider vinegar
- 1/2 cup water
- 2 teaspoons sugar
- 3/4 cup thinly sliced red bell pepper rings
- 3/4 cup thinly sliced yellow bell pepper rings
- 3/4 cup thinly sliced green bell pepper rings
- 1/2 cup thinly sliced English cucumber
- 1/2 cup thinly sliced onion
- 3 tablespoons chopped fresh dill, divided
- 1 pound 93% lean ground beef
- 3/8 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- Cooking spray
- 4 (1/2-ounce) slices reduced-fat colby-Jack or cheddar cheese
- 1/4 cup canola mayonnaise
- 4 whole-wheat hamburger buns, toasted

1. Bring vinegar, 1/2 cup water, and sugar to a boil in a small saucepan, stirring to dissolve sugar. Place bell peppers, cucumber, onion, and 2 tablespoons dill in a large bowl; pour hot vinegar mixture over vegetables. Let stand 30 minutes, stirring occasionally. Drain and discard liquid.
2. Combine remaining 1 tablespoon dill, beef, salt, and pepper. Shape beef mixture into 4 (1/2-inch-thick) patties. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add patties to pan; cook 3 minutes. Turn patties over; cook 2 1/2 minutes. Top patties with cheese; cook 1 1/2 minutes or until desired degree of doneness.
3. Spread mayonnaise over bottom halves of buns. Top with patties. Divide vegetable mixture over patties; top with top halves of buns.

SERVES 4 *(serving size: 1 burger)*
CALORIES 392; **FAT** 17.1g (sat 5.2g, mono 6.9g, poly 3.3g); **PROTEIN** 32g; **CARB** 29g; **FIBER** 5g; **CHOL** 66mg; **IRON** 4mg; **SODIUM** 660mg; **CALC** 184mg

—Recipes by Khalil Hymore



Shop in Style

Carry your haul and look fresh doing it with these market finds.

1. KEEP COOL Hermosa Cooler Tote from the Anthology collection, *$34, picnictime.com*

2. POP DOWN PICNIC Quilted Throw in raindrop (52 x 66 inches), *$145, utility canvas.com*

3. FOR FIDO Deluxe Leather Leash (4 feet), *$38, theevolveddog.com*

4. SUN SHADE Mika hat in navy, *$98, shopmarysol.com*

5. WATER WAYS S'well bottle in blonde wood (17 ounces) and seafoam (25 ounces), *$35 to $45, swellbottle.com*

6. DURABLE CARRYALL Apolis + Scribe Wine Tote, *$88, apolisglobal.com*

7. MEALS ON WHEELS Classic Red Wagon, *$100, radioflyer.com*

8. FRUIT AND VEG BAG Hemp String Bag in green, *$28, thedharmadoorusa.com*

—KIMBERLY HOLLAND

PHOTOGRAPHY: (BOTTOM RIGHT) JENNIFER CAUSEY; PROP STYLING: LINDSEY LOWER

HOW TO Shop the Market

HEAD TO THE MARKET with an open, curious mind—try new tastes, and connect with the people who produce your food. Enjoy the process of discovery—it's as much about the experience as it is about what you buy.

1. TIME IT RIGHT.
Arrive early, before things get too picked over. High-demand items like berries, corn, and fresh peas go quickly. If you can, avoid peak market hours: It's tough to navigate the crowds, and produce has wilted by that time.

2. SURVEY FIRST.
Take a preliminary lap around the market to find out what's popping—then make your shopping list. For big venues, visit the market's website for a printable map to make finding vendors easier.

3. EXERCISE RESTRAINT, BUT PLAN FOR A SPLURGE.
Keep your head and buy only what you'll use within a week. Buddy up and split bigger lots, like baskets of tomatoes or bunches of herbs, with a friend. Budget for the weekly staples, but save some cash for special purchases, like flowers or a jar of honey.

4. SENSE THE SEASON.
It's usually better to wait a bit rather than to dig into the first fruit or vegetable of the moment. Let the season get under way for a week or so, and then go for it to get the best flavors and texture.

5. CHAT UP THE FARMER.
Growers eat, sleep, and breathe their produce, so tap into their expertise. Cultivate that relationship: Visit regularly, learn names, and always be respectful—you're likely to get invaluable shopping and prep advice, details about upcoming harvests, and special deals (but don't try to haggle; prices are often set by consensus among the growers). With this kind of relationship, you can even call ahead for big orders.

6. TAKE MEAT FOR A TEST RUN BEFORE BUYING BIG.
Select lesser cuts like bacon or sausages to try out a new meat vendor. Decide how you like the product before going in for a pricier whole roast or chops.

7. TASTE FOR QUALITY.
Take advantage of samples to try something new or to gauge flavor, sweetness, and texture. Don't see samples? Just ask—most vendors will happily oblige. Produce comes to market at its peak and is much more delicate than what you'll find at the grocery store; offering tastes prevents customers from overhandling.

—CHERYL SLOCUM




1
2
3
4
7
local produce

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A MATCH MADE *in the* SUMMER

Crisp, clean, and delightfully aromatic, Crispin Hard Ciders take summer refreshment to a whole new level. Infuse that sensory experience into your next brunch by pairing the bright and sparkling natural finish of Crispin Pacific Pear with this rich and savory frittata.



PAIRING NOTES

The slight effervescence of Crispin Pacific Pear balances the earthiness of the spinach, its sweet snap of fruit complements the saltiness of the ham, and its woody complexity stands up to the creamy richness of Gruyère and eggs.

Gluten-free

SPINACH, HAM, AND GRUYÈRE FRITTATA

Yields: 4 servings



- 2 large egg whites
- 6 large eggs
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- ⅓ cup 1% milk
- 3 cups spinach
- 2 garlic cloves, minced
- 1½ teaspoons olive oil
- 1 ounce prosciutto, crisped and crumbled
- ¼ cup caramelized onions
- 1 tablespoon chopped fresh chives
- 2 ounces shredded Gruyère cheese

1. Preheat broiler to high. Combine egg whites, eggs, salt, pepper, and milk; stir with a whisk.
2. Heat a 9-inch cast-iron skillet over medium heat. Sauté spinach and minced garlic in olive oil until tender.
3. Layer in prosciutto, caramelized onions, and chives.
4. Sprinkle with shredded Gruyère cheese.
5. Carefully pour egg mixture over cheese. Cook over medium heat 5 to 6 minutes or until eggs are partially set; then broil 5 inches from heat for 2 to 3 minutes or until browned and almost set.

This recipe and all Crispin Ciders are gluten-free!



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Chicago

– LOGAN SQUARE MARKET –





TO KNOW THE farmers' market at Logan Square is to know the neighborhood itself, because more than any other market and community in Chicago, the two reflect each other. Both are completely food obsessed: On Saturday night, Logan Square is a vibrant, hip, food- and drink-fueled party. And the Sunday farmers' market just keeps that vibe going.

Fifteen years ago, the idea that anyone would have considered coming to Logan Square for a lively, food-filled Sunday morning was unthinkable. It wasn't yet a destination noted for its neighborhood restaurants like Lula Cafe, a farm-to-table pioneer showcasing the Midwestern food shed. But now, people come early, put their name down for brunch, or meet up with friends for a picnic. But first they shop.

You hear and smell the market before you actually see it. The sounds come from the bands playing over on the grass; the smells from the scent of bangers, British-style sausages almost as famous here as the Chicago dog is city-wide. People definitely eat and listen to music, but everybody is ultimately here for one thing: the shopping.

They stroll (many with a baby strapped to their back) among the organic farmers, bread bakers, and cheese and sausage makers—a carefully curated bunch from Illinois, Wisconsin, Michigan, and Indiana—to pick up needed produce, reserved CSA boxes, blocks of Butterkase or feta cheese, or what is arguably the best lamb in the Midwest. There are piles and piles of produce—everything from baskets of jalapeños and ramps to crates of Michigan blueberries from the Great Lakes Fruit Belt, where sandy soil and cool breezes make them plump and perfect. And then there's locally distilled whiskey. Party-minded Logan Square residents and visitors are more than happy for a sip before heading off with heavy market totes in hand and a meal plan for the week.

–DAVID TAMARKIN









PHOTOGRAPHY: (LOCATION) TRU STUDIO



CHICAGO CHAR DOG WITH FRESH CUCUMBER RELISH, P. 137

50 best markets | **LOGAN SQUARE FARMERS MARKET** CHICAGO | *"It's in the heart of a historic neighborhood, a really great environment with a diverse and perfect amount of vendors—so it doesn't feel overwhelming like some larger markets can."* —**CHEF ADRIENNE LO,** FAT RICE

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GOLDEN GAZPACHO, P. 137

HEIRLOOM TOMATOES

Heirlooms are grown from seeds that have been passed from gardener to gardener. If you don't have time to can, freeze tomatoes whole for future use—the skins will slip right off when thawed.



Lemon-Herb Chicken Skewers with Blueberry-Balsamic Salsa

Hands-on: 45 min.
Total: 1 hr. 25 min.

Blueberries are the standout ingredient for the sweet and sour sauce that accompanies these grilled kebabs. We used cilantro, basil, and parsley, but you can omit the cilantro. You can also serve this salsa on small toasts spread with creamy Camembert or tangy goat cheese.

- 1 garlic clove
- 1/4 cup chopped fresh flat-leaf parsley
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh cilantro (optional)
- 2 tablespoons olive oil
- 1/2 teaspoon grated lemon rind
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon freshly ground black pepper
- 1/2 teaspoon kosher salt, divided
- 4 skinless, boneless chicken thighs, each cut into 6 pieces (about 1 pound)
- 1 cup blueberries, divided
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon honey
- 2 tablespoons finely chopped red onion
- 1 teaspoon minced jalapeño pepper
- Cooking spray

1. Drop garlic through food chute with food processor on; process until chopped. Add parsley and next 6 ingredients (through black pepper); process until finely chopped. Add 1/8 teaspoon salt; pulse to combine. Combine herb mixture and chicken in a medium bowl; toss to combine. Cover and refrigerate 1 hour. Wipe out food processor.

2. Combine 1/2 cup blueberries, vinegar, and honey in a small saucepan over medium heat. Bring to a boil; reduce heat to low, and cook 10 minutes or until thickened, pressing with a spoon to break up blueberries. Place blueberry mixture in a medium bowl. Add remaining 1/2 cup blueberries to food processor; pulse 5 times. Combine chopped blueberries, 1/8 teaspoon salt, onion, and jalapeño pepper with vinegar mixture.

3. Preheat grill to medium-high heat.

4. Thread 6 chicken pieces evenly onto each of 4 (8-inch) skewers. Sprinkle with remaining 1/4 teaspoon salt. Place chicken on grill rack coated with cooking spray; grill 10 minutes, turning occasionally. Serve with blueberry salsa.

SERVES 4 *(serving size: 1 skewer and about 3 tablespoons salsa)*
CALORIES 304; **FAT** 16.6g (sat 3.6g, mono 8.9g, poly 2.7g); **PROTEIN** 29g; **CARB** 9g; **FIBER** 1g; **CHOL** 157mg; **IRON** 2mg; **SODIUM** 346mg; **CALC** 44mg

50 best markets | **SANTA MONICA FARMERS' MARKET** SANTA MONICA, CA

"The Wednesday market is my link to the freshest and most delicious locally grown fruits and vegetables. I've met and collaborated with so many farmers over the years—many of whom have come to feel like family." —**CHEF SUZANNE GOIN,** LUCQUES

Grilled Eggplant with Freekeh Pilaf

Hands-on: 20 min.
Total: 40 min.

Pomegranate molasses brings tartness, and the feta adds a salty finish to this hearty side dish. Find the molasses where you buy Middle Eastern ingredients, or substitute balsamic glaze. Freekeh is a whole-grain cracked wheat with a nutty flavor and texture. If you can't find it, bulgur will work as well.

- 5 teaspoons extra-virgin olive oil, divided
- 1 cup chopped onion
- 2/3 cup cracked freekeh or bulgur
- 1/2 teaspoon kosher salt, divided
- 3/8 teaspoon crushed red pepper
- 1/4 teaspoon ground cinnamon
- 1 garlic clove, minced
- 2 cups unsalted vegetable stock
- 1/2 teaspoon grated lemon rind
- 4 (1/2-pound) Japanese eggplants
- Cooking spray
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons pomegranate molasses or balsamic glaze
- 1 ounce crumbled feta cheese (about 1/4 cup)
- 2 tablespoons chopped fresh mint

1. Heat a medium saucepan over medium heat. Add 2 teaspoons oil to pan; swirl to coat. Add onion; cook 6 minutes or until beginning to brown, stirring occasionally. Add freekeh, ¼ teaspoon salt, red pepper, cinnamon, and garlic; cook 1 minute, stirring constantly. Add stock; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until freekeh is slightly al dente. Remove from heat; let stand 5 minutes. Stir in rind.

2. Preheat grill to medium-high heat. Cut each eggplant in half lengthwise. Lightly coat eggplant with cooking spray; sprinkle with remaining ¼ teaspoon salt and black pepper. Place eggplant on grill rack coated with cooking spray; grill 3 minutes on each side or until tender. Remove from grill. Arrange eggplant on a platter; top with freekeh mixture. Drizzle evenly with pomegranate molasses and remaining 1 tablespoon olive oil. Sprinkle evenly with feta and mint.

SERVES 8 *(serving size: 1 eggplant half and about 1/4 cup freekeh mixture)*
CALORIES 179; **FAT** 4.5g (sat 1g, mono 2.4g, poly 0.5g); **PROTEIN** 5g; **CARB** 32g; **FIBER** 6g; **CHOL** 3mg; **IRON** 2mg; **SODIUM** 243mg; **CALC** 57mg



Pan-Seared Lake Trout with Bacon and Cranberry Bean Succotash

Hands-on: 27 min.
Total: 27 min.

Mottled pink cranberry beans lose their vibrant color once cooked, but no matter; their creamy texture and mild taste are the stars of the dish. You can substitute lima beans if you can't find cranberry beans.

- 2 center-cut bacon slices
- 1/2 cup thinly sliced shallots
- 2 cups fresh corn kernels
- 1 cup shelled fresh cranberry beans
- 1 cup finely diced zucchini
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1 cup halved cherry tomatoes
- 1 tablespoon butter
- 1/4 cup torn fresh basil
- 1 1/2 tablespoons coarsely chopped fresh tarragon
- 2 teaspoons canola oil
- 4 (4-ounce) lake trout fillets
- 4 lemon wedges



JAPANESE EGGPLANT

Slender and pale purple, this eggplant has tender skin and a flavor that's less bitter than its globe cousin, so skip any presalting steps.

1. Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan with a slotted spoon; crumble. Add shallots to pan; cook 2 minutes, stirring occasionally. Add corn; cook 3 minutes, stirring occasionally. Add beans, zucchini, ¼ teaspoon salt, and ¼ teaspoon pepper; cook 3 minutes. Stir in bacon, tomatoes, and butter, stirring until butter melts. Transfer mixture to a dish; stir in basil and tarragon.

2. Return pan to medium heat. Add oil; swirl to coat. Pat fish dry with a paper towel; sprinkle with remaining ¼ teaspoon salt and remaining ¼ teaspoon pepper. Add fish to pan, skin side down; cook 6 minutes or until skin begins to crisp, taking care not to move fillets. Turn fish over, and cook 1 minute. Divide succotash evenly among 4 plates; top each with 1 fillet. Serve with lemon wedges.

SERVES 4 *(serving size: 1 fillet and about 1 cup succotash)*
CALORIES 482; **FAT** 15.3g (sat 4.1g, mono 6.2g, poly 3.2g); **PROTEIN** 39g; **CARB** 50g; **FIBER** 16g; **CHOL** 76mg; **IRON** 5mg; **SODIUM** 388mg; **CALC** 136mg



CORN

Just-picked corn is a must: Check for a fresh, moist stem. To remove those last troublesome silks, gently brush with a soft toothbrush.

50 best markets | **CRESCENT CITY FARMERS MARKET** **NEW ORLEANS** | *"This market always has the best Southern seasonal produce. Strawberry season is one of my favorites—and the tamales are always on my list."* —**CHEF DONALD LINK,** HERBSAINT



Dark Chocolate Ice Cream with Sichuan Peanut Brittle

Hands-on: 45 min.
Total: 1 hr. 40 min.

This ice cream is inspired by the Sichuan peanuts sold by Mama's Nuts at Logan Square Market. Find Sichuan peppercorns at spice purveyors such as penzeys .com, or substitute fresh coarsely ground black pepper for a less tongue-tingling version.

Ice-cream base:

- 2 cups 2% reduced-fat milk, divided
- 1 tablespoon cornstarch
- 1 cup half-and-half
- 1/2 cup sugar, divided
- 1/4 teaspoon kosher salt
- 1/2 cup strong brewed coffee
- 1/3 cup unsweetened cocoa
- 1 ounce bittersweet chocolate, chopped

Brittle:

- 1/3 cup light-colored corn syrup
- 1/3 cup sugar
- 4 teaspoons water
- 1/2 cup lightly salted dry-roasted peanuts, chopped
- 1 1/2 teaspoons finely crushed Sichuan peppercorns or fresh coarsely ground black pepper
- 1/8 teaspoon ground red pepper (optional)
- 1/2 teaspoon baking soda

1. To prepare ice-cream base, combine ¼ cup milk and cornstarch in a small bowl, stirring with a whisk. Combine remaining 1¾ cups milk, half-and-half, ¼ cup sugar, and salt in a small saucepan. Bring to a simmer over medium heat. Cook 4 minutes, stirring frequently (do not boil). Add cornstarch mixture to milk mixture; simmer 2 minutes or until thickened, stirring frequently. Pour milk mixture into a medium bowl; set aside.

2. Combine coffee, cocoa, and remaining ¼ cup sugar in pan over medium heat; bring to a simmer, stirring to dissolve sugar. Remove from heat; add chocolate, stirring until chocolate melts. Add cocoa mixture to milk mixture, stirring to combine. Place bowl in an ice water–filled bowl. Stir occasionally for 50 minutes or until completely cooled.

3. To prepare brittle, line a baking sheet with parchment paper.

4. Combine corn syrup, ⅓ cup sugar, and 4 teaspoons water in a small heavy saucepan over medium heat, stirring just until combined. Bring to a boil. Add chopped peanuts, peppercorns, and red pepper, if desired. Cook over medium heat, without stirring, until a candy thermometer registers 305°. Remove from heat, and stir in baking soda (mixture will bubble). Quickly pour mixture onto prepared pan; spread to a thin layer. Cool completely. Break brittle into bite-sized pieces. Set aside ¼ cup brittle.

5. Pour ice-cream base into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Add brittle, stirring until combined. Spoon ice cream into a freezer-safe container; cover and freeze 1 hour or until firm. Sprinkle with reserved ¼ cup brittle.

SERVES 8 *(serving size: about 1/2 cup)* **CALORIES** 281; **FAT** 11.4g (sat 4.7g, mono 3.8g, poly 1.7g); **PROTEIN** 6g; **CARB** 43g; **FIBER** 2g; **CHOL** 16mg; **IRON** 1mg; **SODIUM** 255mg; **CALC** 119mg

50 best markets | **PORTSMOUTH FARMERS' MARKET** PORTSMOUTH, NH | *"With thousands of shoppers, this market leaves me in awe every time."* —**CHEF MATT LOUIS,** MOXY

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Golden Gazpacho

Hands-on: 25 min.
Total: 55 min.
Yellow tomatoes are a little less acidic than red, making this chilled soup's flavor sublime.

- ½ cup water
- 2½ ounces French bread baguette, interior crumb only, torn into small pieces
- 1 cup coarsely chopped yellow bell pepper
- 1 cup chopped seeded peeled cucumber
- ½ cup chopped sweet onion
- 3½ tablespoons extra-virgin olive oil, divided
- 2 tablespoons sherry vinegar
- 1 garlic clove, chopped
- 2 pounds yellow heirloom tomatoes, peeled, cored, seeded, and coarsely chopped
- ⅜ teaspoon kosher salt
- 12 red cherry tomatoes, chopped

1. Combine ½ cup water and bread in a small bowl; let stand 5 minutes.
2. Place bell pepper, cucumber, onion, 3 tablespoons oil, vinegar, garlic, and yellow tomato in a blender; process until smooth. Add bread mixture and salt to blender; process 1 minute. Cover and refrigerate at least 30 minutes. Place 1 cup soup in each of 6 bowls. Top evenly with remaining 1½ teaspoons oil and red tomatoes.

SERVES 6
CALORIES 153; **FAT** 8.6g (sat 1.2g, mono 5.9g, poly 1.1g); **PROTEIN** 4g; **CARB** 17g; **FIBER** 2g; **CHOL** 0mg; **IRON** 2mg; **SODIUM** 217mg; **CALC** 37mg

Hotdog!

Cook the cover

THESE DOGS ARE ON FIRE! And we're all for enjoying the trend as an occasional treat. Make the most of your dogs by playing up toppings with bold textures and flavors: crunchy, sweet, spicy, zesty. For great flavor that won't sabotage nutrition, try Boar's Head Lite Beef Frankfurters with Natural Casing **(90 calories, 2.5g sat fat, and 270mg sodium per serving).**



Chicago Char Dog with Fresh Cucumber Relish

Hands-on: 20 min.
Total: 20 min.
Classic Chicago dogs are served in poppy seed buns. If you can't find them, lightly brush buns with egg white and sprinkle with poppy seeds; toast in the oven at 350° for 2 to 3 minutes.

- 1½ teaspoons canola oil
- 1 teaspoon mustard seeds
- 1 teaspoon grated peeled fresh ginger
- ½ teaspoon ground turmeric
- ⅛ teaspoon ground nutmeg
- ¼ cup rice vinegar
- 1 tablespoon sugar
- 1 cup finely chopped English cucumber
- 2 tablespoons diced red bell pepper
- 1 teaspoon chopped fresh dill
- 8 uncured all-beef hot dogs (such as Boar's Head Lite Beef with Natural Casing)
- Cooking spray
- 8 white whole-wheat hot dog buns
- 8 tomato slices, halved
- 4 kosher dill pickle sandwich slices, halved lengthwise
- 4 pickled sport peppers or pepperoncini, halved
- ¼ cup finely chopped sweet onion
- 4 teaspoons prepared yellow mustard

1. Heat a small skillet over medium heat. Add oil and mustard seeds; cook 1 minute or until seeds begin to pop, stirring constantly. Add ginger, turmeric, and nutmeg; sauté 1 minute. Add vinegar and sugar; cook 2 minutes. Stir in cucumber, bell pepper, and dill; remove from heat.
2. Preheat grill to medium-high heat.
3. Place hot dogs on grill rack coated with cooking spray; grill 6 minutes, turning occasionally.
4. Place 1 hot dog on each bun. Place 2 tomato pieces, 1 pickle piece, and ½ sport pepper on each. Top each with about 2 tablespoons cucumber relish, 1½ teaspoons onion, and ½ teaspoon mustard.

SERVES 8 *(serving size: 1 hot dog)*
CALORIES 181; **FAT** 8.7g (sat 2.2g, mono 3.3g, poly 1.3g); **PROTEIN** 12g; **CARB** 23g; **FIBER** 5g; **CHOL** 20mg; **IRON** 7mg; **SODIUM** 711mg; **CALC** 261mg

Banh Mi Hot Dog

Shave 2 large carrots into ribbons with a vegetable peeler. **Combine** carrots, ½ cup sliced red onion, 1 cup cider vinegar, 1 cup water, and 2 teaspoons sugar in a medium bowl; **let stand** 15 minutes. **Drain** and discard pickling brine. **Grill** 8 Boar's Head Lite Beef Frankfurters with Natural Casing according to instructions in step 3. **Spread** each of 8 white whole-wheat hot dog buns with 1½ teaspoons mayonnaise. **Place** 1 hot dog on each bun; **top** evenly with carrot ribbons and onion. **Top** with 3 fresh jalapeño slices and 1 teaspoon cilantro leaves.

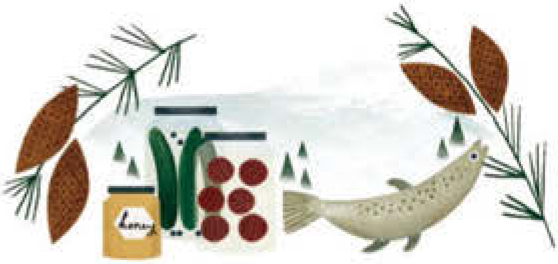
SERVES 8 *(serving size: 1 hot dog)*
CALORIES 323; **FAT** 12.1g (sat 3.1g, mono 3.9g, poly 1.7g); **PROTEIN** 14g; **CARB** 38g; **FIBER** 2g; **CHOL** 28mg; **IRON** 3mg; **SODIUM** 781mg; **CALC** 5mg

Mexican Hot Dog

Combine 2 cups sliced red cabbage, ¼ cup sliced green onions, 1 tablespoon olive oil, 1 tablespoon lime juice, ¼ teaspoon kosher salt, and ½ teaspoon sugar. **Grill** 8 Boar's Head Lite Beef Frankfurters with Natural Casing according to instructions in step 3. **Place** ¼ cup cabbage in each of 8 white whole-wheat hot dog buns; **place** 1 hot dog on each bun. **Slice** 1 peeled avocado; **divide** among hot dogs.

SERVES 8 *(serving size: 1 hot dog)*
CALORIES 225; **FAT** 12.1g (sat 3.2g, mono 6.6g, poly 1.6g); **PROTEIN** 13g; **CARB** 22g; **FIBER** 6g; **CHOL** 25mg; **IRON** 4mg; **SODIUM** 527mg; **CALC** 261mg

—Recipes by Emilie Zanger



Portland

- MARKET AT PSU -









IF YOU WANT a picture of the food-obsessed spirit Portland is known for, head to its flagship farmers' market on the Portland State University campus. There, under shady 100-year-old oaks, food-savvy shoppers pick over pyramids of the everyday, such as broccoli and heirloom apples, but just as eagerly snap up ingredients that lean more gourmet—like Padrón peppers and succulent ice plant, a salad green previously seen only on Michelin-starred menus. It doesn't stop at raw ingredients; the market hosts the city's best food artisans, who produce an array of kimchi, flaky salt made with local seawater, French-style cheeses, and more. Ranchers are in attendance, too, offering bison, free-range turkeys, or hazelnut-fed pork.

It's possible to cross off everything on your grocery list in under an hour, but most shoppers linger—there's just so much to do. Portland's best chefs demo recipes, children take cooking classes, and music fills the air. Some folks come just to eat—from slices of wood-oven pizza to handmade tortillas with spicy mole, there's a bevy of creative food vendors happy to fill your belly and inspire your cooking. In true quirky Portland style, the farmers' market concept has been shaken up and redefined. This is the new market—a mix of small-business incubator, testing ground for would-be restaurants, culinary classroom, social shindig, dining room, and pantry for a city that values excellent food above all.

–IVY MANNING





PHOTOGRAPHY: (LOCATION) NEIL DACOSTA



BROCCOLINI

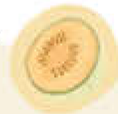
A cross between broccoli and Chinese kale, Broccolini has tender stems, mini florets, and a sweet, peppery flavor that make it delicious either raw or briefly cooked.

GRILLED PURPLE SPROUTING BROCCOLI AND BACON PIZZA, P. 144

50 best markets | **PORTLAND FARMERS MARKET** PORTLAND, OR | *"I haven't been to a market anywhere in the country with the variety of produce we have in Portland. It's like a curated boutique at every stall, and each vendor offers something different."* —**CHEF CATHY WHIMS,** NOSTRANA

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CANTALOUPE

If picked early, this fragrant melon won't reach full sweetness. To select, choose cantaloupe with smooth stems and blossom ends that yield under gentle pressure.

Melon Salad with Savory Granola

Hands-on: 15 min.
Total: 35 min.

Heirloom Charentais melons have smooth, gray-green skin and bright orange flesh that is supersweet and fragrant. For a substitute you can use a combination of honeydew melon and cantaloupe.

- Cooking spray
- ½ teaspoon kosher salt
- 1 egg white
- ½ cup sunflower seed kernels
- ¼ cup old-fashioned rolled oats
- 2 tablespoons sesame seeds
- 1 tablespoon sugar
- 1½ teaspoons fennel seeds
- 1 teaspoon chili powder
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- ½ teaspoon honey
- 8 cups sliced Charentais melon, or cantaloupe and honeydew melons
- ½ cup torn fresh basil leaves

1. Preheat oven to 350°.
2. Line a baking sheet with

parchment paper; coat with cooking spray. Combine salt and egg white in a medium bowl, stirring with a whisk until frothy. Add sunflower seeds and next 5 ingredients (through chili powder); stir to coat. Spread mixture in an even layer on prepared baking sheet. Bake at 350° for 15 minutes, stirring once after 10 minutes. Cool granola completely. **3.** Combine oil, vinegar, and honey in a small bowl, stirring with a whisk. Place about 1 cup melon on each of 8 small plates. Top each serving with 1½ teaspoons vinegar mixture, 1½ tablespoons granola, and 1 tablespoon basil.

SERVES 8
CALORIES 176; **FAT** 9.8g (sat 1.1g, mono 4.8g, poly 3g); **PROTEIN** 5g; **CARB** 20g; **FIBER** 3g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 160mg; **CALC** 56mg



Porcini, Artichoke, and Parsley Salad

Hands-on: 20 min.
Total: 20 min.

Wild porcini mushrooms and artichokes are in season from late spring to early summer and again in early fall in the Pacific Northwest. Fresh porcini are sweet, woodsy, and delicious when thinly sliced and served raw. Substitute thinly sliced cremini mushrooms if you can't get fresh porcini.

- 2 cups water
- 3½ tablespoons fresh lemon juice, divided
- 2 large artichokes (about 12 to 14 ounces each)
- 2 teaspoons chopped fresh thyme
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon salt
- 1 canned anchovy fillet, finely chopped (about 1 teaspoon)
- 3 tablespoons extra-virgin olive oil
- ½ cup coarsely chopped fresh flat-leaf parsley
- 6 ounces very thinly sliced fresh porcini or cremini mushrooms
- ⅝ ounce aged cow's-milk cheese (such as Robusto or Gouda), cut into small pieces (about ¼ cup)

1. Combine 2 cups water and 2 tablespoons juice in a large bowl. Cut stem of each artichoke to within 1 inch of base; peel stems. Remove bottom leaves and tough outer leaves, leaving tender heart and bottom. Cut each artichoke in half lengthwise. Remove fuzzy thistle from bottom with a spoon. Thinly slice each artichoke heart into ⅛-inch-thick slices; place in lemon water.

2. Combine remaining 1½ tablespoons juice, thyme, pepper, salt, and anchovy in a small bowl. Gradually add oil, stirring constantly with a whisk until combined.

3. Drain artichoke hearts; pat dry with paper towels. Combine sliced artichoke hearts, anchovy mixture, parsley, and mushrooms in a large bowl; toss gently. Divide artichoke mixture among 6 small plates; sprinkle each salad with about 2 teaspoons cheese.

SERVES 6 *(serving size: about ⅔ cup)*
CALORIES 103; **FAT** 7.8g (sat 1.5g, mono 5.2g, poly 0.8g); **PROTEIN** 3g; **CARB** 7g; **FIBER** 3g; **CHOL** 4mg; **IRON** 1mg; **SODIUM** 193mg; **CALC** 56mg

50 best markets | **COUNTRYSIDE CONSERVANCY** PENINSULA, OH | *"It's a beautiful orchestration of vendors, located on farmland, where you can have great conversations learning about our region."* —**CHEF JONATHON SAWYER,** THE GREENHOUSE TAVERN



MINT

Peppermint and spearmint are the best known varieties, but there are more than 30 species of mint. Store it in the refrigerator, bouquet style, in a glass of water with a plastic bag over it to keep it fresh for up to a week.

Marionberry Mojito

Hands-on: 8 min. Total: 8 min.
Marionberries, an exceptionally juicy, slightly tart blackberry variety developed by Oregon State University, are perfect for this fizzy summer refresher. You can also use regular blackberries.

- ½ cup fresh mint leaves
- 3 tablespoons sugar
- 4 ounces marionberries or blackberries (about 1 cup)
- 1 cup ice cubes
- ½ cup white rum (such as New Deal Distillery)
- 2 tablespoons fresh lemon juice
- 2 tablespoons fresh lime juice
- 1 cup club soda
- Additional marionberries and mint sprigs (optional)

1. Combine ½ cup mint, sugar, and 4 ounces marionberries in a cocktail shaker; mash with a muddler or wooden spoon until berries are broken down. Add ice cubes, rum, and juices to shaker; seal. Shake vigorously for 10 seconds. Strain mixture evenly into 4 glasses filled with ice; top each with ¼ cup club soda. Garnish with additional berries and mint, if desired.

SERVES 4 *(serving size: about ¾ cup)*
CALORIES 122; **FAT** 0.2g (sat 0g, mono 0g, poly 0.1g); **PROTEIN** 1g; **CARB** 15g; **FIBER** 2g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 2mg; **CALC** 20mg



SWEET CHERRIES

These tiny stone fruits are delicate because they are picked only when ripe. The only way to judge their sweet-tart flavor is to taste before buying.

Cherry-Hazelnut Cake with Streusel Topping

STAFF FAVE

Hands-on: 26 min.
Total: 1 hr. 30 min.

The Pacific Northwest's cherry crop runs from May through early July. Use a sweet fresh cherry such as Bing or Rainier for this hearty cake. You can substitute frozen cherries, thawed and drained, if fresh fruit is unavailable.

Streusel:

- ½ cup sugar
- 6 tablespoons all-purpose flour
- 3 tablespoons old-fashioned rolled oats
- 2 tablespoons finely chopped hazelnuts
- ½ teaspoon ground cinnamon
- ¼ teaspoon freshly ground nutmeg
- 2 tablespoons olive oil
- 2 teaspoons reduced-fat buttermilk

Cake:

- 4.5 ounces all-purpose flour (about 1 cup)
- 4.5 ounces whole-wheat pastry flour (about 1 cup)
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon freshly ground nutmeg
- ¼ teaspoon salt
- ¾ cup sugar
- ¼ cup unsalted butter, softened
- 1 large egg
- 1½ teaspoons grated orange rind
- ¼ teaspoon almond extract
- ½ cup reduced-fat buttermilk
- 10 ounces chopped pitted fresh sweet cherries (about 2 cups)
- Baking spray with flour

1. Preheat oven to 375°.

2. To prepare streusel, combine first 6 ingredients in a small bowl, stirring with a whisk. Add oil and 2 teaspoons buttermilk; stir to combine. Set aside.

3. To prepare cake, weigh or lightly spoon flours into dry measuring cups; level with a knife. Place flours, baking powder, cinnamon, nutmeg, and salt in a bowl, stirring with a whisk. Combine sugar and butter in a large bowl; beat with a mixer at medium speed 3 minutes or until light and fluffy. Add egg; beat 1 minute or until combined. Beat in rind and almond extract. Add flour mixture and ½ cup buttermilk alternately to sugar mixture, beginning and ending with flour mixture. Stir in cherries.

4. Pour batter into a 9-inch springform pan coated with baking spray; sprinkle with streusel. Bake at 375° for 40 to 45 minutes or until a wooden pick inserted in center comes out clean, rotating pan from front to back after 25 minutes. Cool cake in pan on a wire rack 15 minutes. Remove cake from pan; cool completely on wire rack.

SERVES 10 *(serving size: 1 wedge)*
CALORIES 266; **FAT** 7.8g (sat 3.1g, mono 3.4g, poly 0.6g); **PROTEIN** 4g; **CARB** 46g; **FIBER** 3g; **CHOL** 26mg; **IRON** 2mg; **SODIUM** 148mg; **CALC** 80mg

50 best markets | **MARION SQUARE** CHARLESTON, SC | *"There's lots of things indigenous to Charleston here, and I've gained so many friendships getting to know the local farmers."* —**CHEF SEAN BROCK,** HUSK

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Grilled Purple Sprouting Broccoli and Bacon Pizza

Hands-on: 25 min.
Total: 40 min.

This rich and hearty pizza is inspired by Tastebud, a food stand at the Portland farmers' market. They use a mobile wood-burning oven to make the most creative pizza slices in the region. A leggy cousin of broccoli, the delicate purple florets and thin stems of purple sprouting broccoli make an ideal topping for grilled pizza.

- 12 ounces refrigerated fresh pizza dough
- 1 tablespoon olive oil
- 8 ounces purple sprouting broccoli or Broccolini, tough ends trimmed
- 6 garlic cloves, chopped
- Cooking spray
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon freshly ground black pepper
- 1 1/2 teaspoons cornmeal
- 3 ounces Fontal or fontina cheese, shredded (about 3/4 cup)
- 1 tablespoon chopped fresh thyme
- 3 center-cut bacon slices, cooked and crumbled

1. Preheat grill to high heat.
2. Remove dough from refrigerator. Let stand at room temperature, covered, for 30 minutes.
3. While dough rests, combine olive oil, broccoli, and garlic in a medium bowl; toss to coat. Coat grill rack with cooking spray. Arrange broccoli on grill rack; grill 6 minutes or until lightly charred, turning occasionally. Remove broccoli from grill; cut into 1-inch pieces. Place broccoli, vinegar, and pepper in a bowl; toss to coat. Set aside.
4. Sprinkle cornmeal on a baking sheet. Roll dough into a 12-inch oval on a lightly floured surface. Coat grill rack with cooking spray. Place dough on grill rack; grill 2 minutes on each side. Place dough on prepared baking sheet.
5. Reduce grill temperature to medium. Top dough evenly with broccoli mixture and cheese, leaving a ½-inch border. Sprinkle evenly with thyme and bacon. Place pizza on grill rack; cover and cook 6 minutes or until cheese melts and crust is lightly browned. Cut into 8 wedges.

SERVES 4 *(serving size: 2 wedges)*
CALORIES 369; **FAT** 13g (sat 5g, mono 5.7g, poly 1.3g); **PROTEIN** 17g; **CARB** 45g; **FIBER** 8g; **CHOL** 28mg; **IRON** 3mg; **SODIUM** 620mg; **CALC** 191mg



Grilled Lamb Chops with Wheat Berry, Strawberry, and Lacinato Kale Salad

Hands-on: 25 min.
Total: 45 min.

Lacinato kale, often called dinosaur kale because of its crinkled, bumpy texture, grows year-round in the Pacific Northwest. Massaging the leaves with your hands tenderizes them and tones down their bitter edge, which is a little more pronounced with summer harvests.

- 6 cups water
- 1/2 cup uncooked soft white wheat berries
- 12 (4-ounce) center-cut lamb loin chops
- 2 tablespoons fresh thyme leaves, divided
- 3/4 teaspoon kosher salt, divided
- 3/4 teaspoon freshly ground black pepper, divided
- Cooking spray
- 2 tablespoons olive oil
- 1 1/2 tablespoons balsamic vinegar
- 1 1/2 teaspoons finely chopped shallots
- 1/2 teaspoon honey
- 8 ounces Lacinato kale, stemmed and thinly sliced (about 1 bunch)
- 1 cup sliced strawberries
- 1 ounce feta cheese, crumbled (about 1/4 cup)

1. Bring 6 cups water and wheat berries to a boil in a medium saucepan over high heat. Reduce heat to low; cover and simmer 22 minutes or until slightly chewy. Drain; rinse with cold water. Drain.
2. Heat a grill pan over medium-high heat. Sprinkle lamb with 1 tablespoon thyme, ½ teaspoon salt, and ½ teaspoon pepper. Coat pan with cooking spray. Add 6 lamb chops to pan; grill 5 minutes on each side or until desired degree of doneness. Remove lamb chops from pan. Let stand 5 minutes. Repeat procedure with remaining lamb chops. Sprinkle remaining 1 tablespoon thyme over lamb chops.
3. Combine remaining ¼ teaspoon salt, remaining ¼ teaspoon pepper, oil, vinegar, shallots, and honey in a large bowl, stirring with a whisk. Rub sliced kale between your hands 5 minutes or until just slightly wilted. Add wheat berries and kale to vinegar mixture; toss to coat. Top salad with strawberries and cheese.

SERVES 6 *(serving size: about 1 cup salad and 2 lamb chops)*
CALORIES 336; **FAT** 15.3g (sat 4.7g, mono 7.6g, poly 1.2g); **PROTEIN** 32g; **CARB** 17g; **FIBER** 3g; **CHOL** 95mg; **IRON** 3mg; **SODIUM** 384mg; **CALC** 90mg

—Recipes by Ivy Manning



*Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant based omega-3.

why

SAVVY SHOPPING & SMART STORAGE MATTER

5 smart tips for choosing the best farmers' market produce and keeping it fresh longer

By **TIM CEBULA** *Photography by* **JENNIFER CAUSEY**



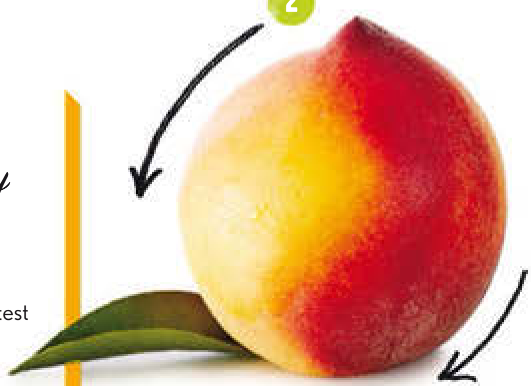
Why does it matter what time of day I buy sweet corn?

1

The early bird gets the sweetest corn, among other things. Sweet corn's "respiration," which turns sugars into starch, slows down the colder it gets. Corn bought early in the morning will be sweeter than ears that have heated up under the summer sun later in the day.

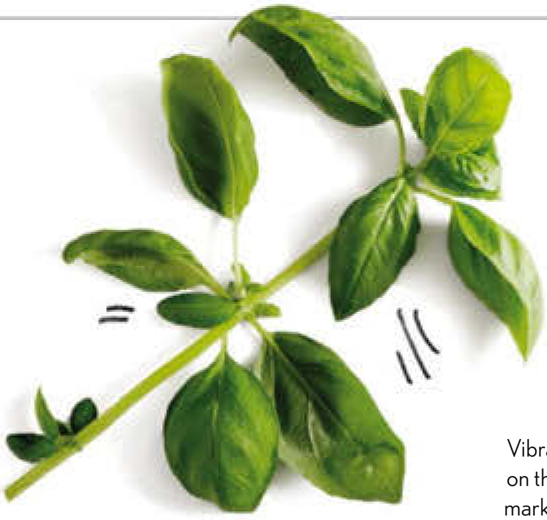
At home, store corn unshucked in the refrigerator until ready to eat—the chill slows the respiration rate and keeps it sweet longer. Eat that day, if possible: It's not going to get any better.

2



Why should I store peaches upside down?

Peaches are notoriously sensitive and bruise easier than a poet's feelings. Store them on their rounded sides or peaked bottoms, and they'll totter, roll, and squish the ripe flesh beneath. Instead, keep them at room temperature, stem end down; this provides stability on a flat surface. The stem-side shoulders of the fruit will ultimately bruise as well once the fruit reaches a certain level of ripeness, but take heart: Our in-house chemical tests on sugar content showed that peach bottoms are actually a little sweeter than the shoulders.



Why does basil die when I put it in my fridge to keep it fresh?

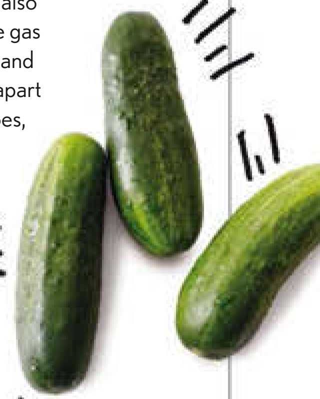
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Vibrant, lush basil perfumes your car on the way home from the farmers' market and fills you with inspiration for herb-focused cooking. So naturally it's a crusher when—after storing it in the refrigerator with the best of intentions—you find the leaves withered and brown the next day. Basil is a tropical plant, highly sensitive to cold. It will turn black quickly if stored below 40°; your refrigerator is likely set between 35° and 38°. Instead, keep basil in a cool, shady place in your kitchen, stems submerged in a glass partly filled with water. Then place a large zip-top plastic bag over the top of the basil; this keeps the leaves moist while still letting the plant breathe.

Why do I need to keep my cucumbers at room temperature?

5

Didn't really know that, did you? It's OK to admit—this was a new one for a lot of us. But we learned that cukes develop pits outside and wateriness inside when chilled below 50° for more than three days. Store them in a cool place on your kitchen counter, but be aware: Cucumbers are also sensitive to the ethylene gas given off by some fruits and veggies, so keep them apart from the likes of tomatoes, melons, and bananas.

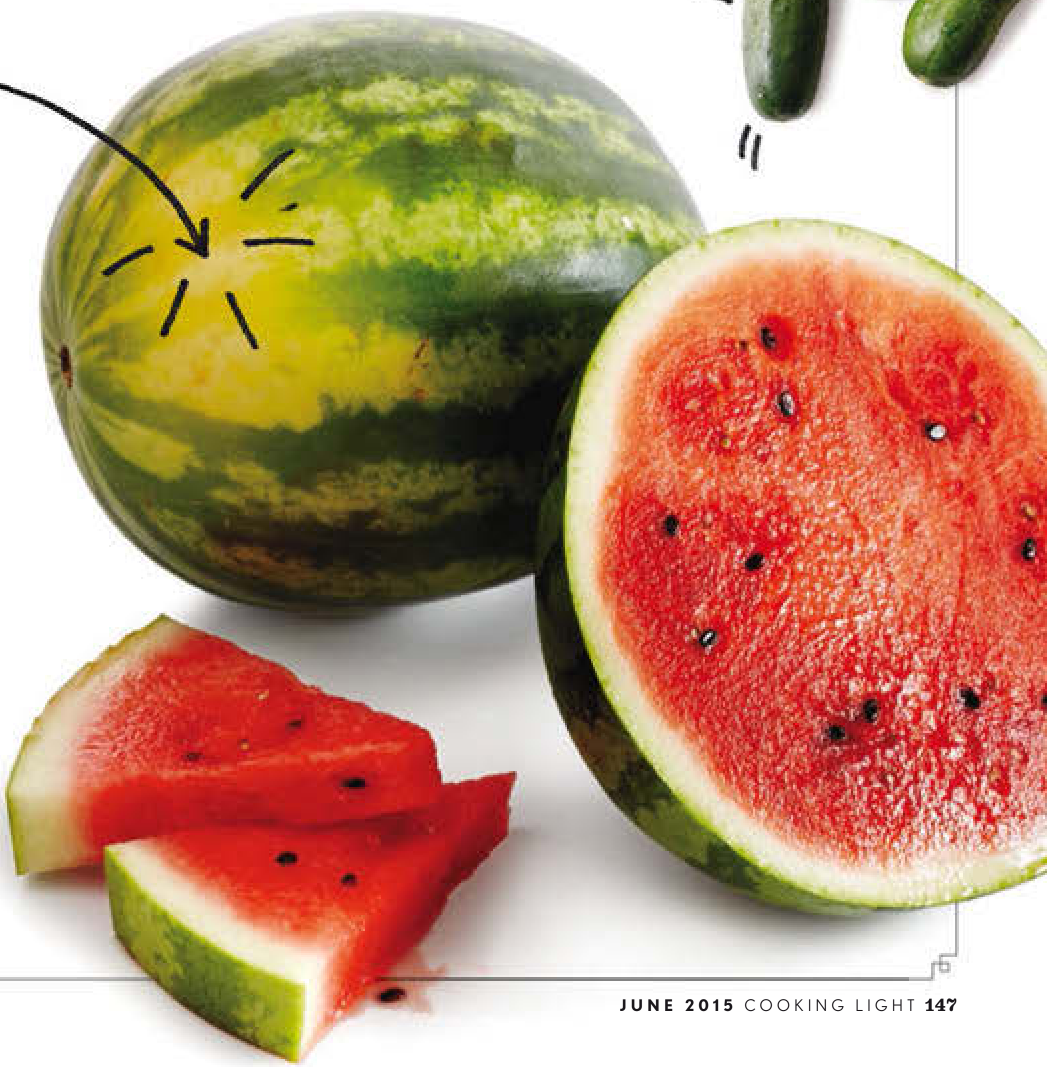


Why do I need to look for a yellow spot on a watermelon to indicate ripeness?

3

Partly because unless you're some kind of watermelon whisperer, the "thump test" won't cut it. "I've been harvesting watermelons near 35 years and haven't mastered the thump test," Gilbert Miller, Clemson University's area vegetable specialist, says of the method whereby you flick your finger against the rind and listen with canine acuity for subtle distinctions. Miller quotes Mark Twain, who said, "A ripe melon says 'punk' when thumped; a green one says 'pink' or 'pank.'"

Look instead for a deep-cream or yellow ground spot—where the melon sat on the ground as it grew—to show that it ripened adequately before harvest. Light green or whitish spots indicate underripe melons. Another cue: Shiny melons may be unripe; dull rinds can be overripe.



FOOD STYLING: RACHEL JOHNSON



super simple

Market Dinners

Put your freshest produce finds to delicious use in our six easy dinners ready in 30 minutes or less.

RECIPES BY **THE CL KITCHEN** / PHOTOGRAPHY BY **HECTOR SANCHEZ**

speedy

Grilled Watermelon and Halloumi Salad with Minty Green Beans
It takes only 22 minutes to prepare this gorgeous platter. *Recipe p. 150*

effortless

Steak Salad with Nectarines, Radicchio, and Blue Cheese
It all starts with petite sirloin filets, a particularly tender cut. *Recipe p. 150*



easy

Cavatappi Salad with Tuna and Olives

Bold ingredients build intense flavor in no time.

Recipe p. 152

elegant

Sweet Corn Soup with Crab

Succulent crab mirrors fresh corn's sweetness.

Recipe p. 150



STEAK SALAD WITH NECTARINES, RADICCHIO, AND BLUE CHEESE

Hands-on: 24 min. Total: 24 min.
Petite sirloin filets are healthfully lean, and they're also surprisingly full-flavored and meltingly tender—making them an ideal choice for this easy steak salad.

- 12 ounces petite sirloin filets
- 8½ teaspoons extra-virgin olive oil, divided
- ½ teaspoon kosher salt, divided
- Cooking spray
- 2 teaspoons white wine vinegar
- 1 teaspoon honey
- 3 cups torn Boston lettuce leaves (about 1 head)
- 1 (12-ounce) radicchio head, cut into 1-inch pieces
- 2 nectarines, each cut into 8 wedges
- 2.5 ounces crumbled blue cheese (about ½ cup)

1. Preheat a grill or grill pan over medium-high heat.
2. Coat the steak with 1 teaspoon oil. Sprinkle with ⅛ teaspoon salt. Add steak to grill rack or pan coated with cooking spray; grill steak 3 minutes on each side or until desired degree of doneness. Remove from heat; let stand 8 minutes. Cut steak diagonally across the grain into thin slices; sprinkle with ⅛ teaspoon salt.
3. While steak rests, combine vinegar, honey, remaining ¼ teaspoon salt, and remaining 2½ tablespoons oil in a large bowl, stirring with a whisk. Add lettuce and radicchio; toss to coat. Add nectarines; sprinkle with cheese. Serve steak over salad.

SERVES 4 *(serving size: about 1½ cups salad and 3 ounces steak)*
CALORIES 310; **FAT** 18.8g (sat 5.9g, mono 10.7g, poly 1.3g); **PROTEIN** 25g; **CARB** 12g; **FIBER** 2g; **CHOL** 64mg; **IRON** 3mg; **SODIUM** 534mg; **CALC** 122mg



GRILLED WATERMELON AND HALLOUMI SALAD WITH MINTY GREEN BEANS

Hands-on: 22 min. Total: 22 min.
If your farmers' market doesn't have slender haricots verts, grab a handful of regular green beans and cook them a couple of minutes longer. Halloumi is a wonderfully salty-nutty cheese that's firm enough to stand up to grilling; if you can't find it, use ricotta salata or queso fresco.

- 8 ounces haricots verts (French green beans)
- 1 small seedless watermelon (about 5 pounds)
- 4 ounces halloumi cheese, cut into 4 triangles
- Cooking spray
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons fresh lemon juice
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ⅓ cup torn fresh mint leaves
- 4 cups baby arugula
- ¼ cup roasted, unsalted pistachios, coarsely chopped

1. Bring a large saucepan of water to a boil. Add haricots verts; cook 3 minutes or until crisp-tender. Drain and rinse with cold water; drain.
2. Heat a large grill pan over high heat. Cut watermelon lengthwise into 4 quarters. Cut 1 quarter crosswise into 8 (¾-inch-thick) wedges; reserve remaining watermelon for another use. Add watermelon and cheese to grill pan coated with cooking spray; grill 2 minutes on each side or until grill marks appear.
3. Combine oil, juice, salt, and pepper in a medium bowl, stirring with a whisk. Remove 2 teaspoons oil mixture; set aside. Add haricots verts and mint to bowl; toss to coat. Arrange bean mixture on a platter. Return reserved 2 teaspoons oil mixture to bowl. Add arugula to bowl; toss to coat. Arrange arugula mixture, watermelon, and cheese on platter. Sprinkle with nuts.

SERVES 4 *(serving size: about 1 cup arugula mixture, 2 watermelon wedges, 1 cheese wedge, and about ¾ cup haricots verts)*
CALORIES 234; **FAT** 15.5g (sat 6g, mono 6.8g, poly 1.7g); **PROTEIN** 10g; **CARB** 19g; **FIBER** 4g; **CHOL** 20mg; **IRON** 2mg; **SODIUM** 549mg; **CALC** 310mg





SWEET CORN SOUP WITH CRAB

Hands-on: 30 min. Total: 30 min.

- 2 tablespoons extra-virgin olive oil, divided
- 1 Vidalia onion, chopped
- 5 cups fresh corn kernels
- ⅜ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 cups water
- ⅓ cup half-and-half
- ⅓ cup frozen peas, thawed
- ¼ cup fresh basil leaves
- 1 pound jumbo lump crabmeat, drained and shell pieces removed

1. Heat a Dutch oven over medium-high heat. Add 1 tablespoon oil; swirl to coat. Add onion; sauté 3 minutes. Add corn, salt, and pepper; sauté 3 minutes. Add 2 cups water; bring to a boil. Reduce heat; simmer 6 minutes. Place corn mixture and half-and-half in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a towel over opening in blender lid (to avoid splatters). Blend until smooth.
2. Place peas in a small bowl; mash slightly with a fork. Stir in remaining 1 tablespoon oil, basil, and crab; serve over soup.

SERVES 4 *(serving size: about 1 cup soup and ½ cup crab mixture)*
CALORIES 404; **FAT** 13.2g (sat 3g, mono 6.9g, poly 1.6g); **PROTEIN** 34g; **CARB** 40g; **FIBER** 5g; **CHOL** 128mg; **IRON** 2mg; **SODIUM** 656mg; **CALC** 148mg

FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN


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STUFFED ZUCCHINI BOATS WITH TOMATO SALAD

Hands-on: 28 min. Total: 28 min.
The microwave quickly steams the zucchini so that you only need to run the stuffed boats under the broiler for a minute or two at the end.

- 4 large zucchini, halved lengthwise (about 3 pounds)
- Cooking spray
- 1 cup chopped onion
- 8 ounces hot turkey Italian sausage, casings removed
- ⅜ teaspoon kosher salt, divided
- 1½ ounces whole-grain bread, torn into small pieces
- 5 ounces fresh mozzarella cheese, torn into small pieces and divided
- 2½ teaspoons olive oil, divided
- 2 cups cherry tomatoes, halved
- ¼ cup thinly sliced basil
- 1 tablespoon balsamic vinegar
- ¼ teaspoon freshly ground black pepper

1. Preheat broiler to high.
2. Using a spoon, remove zucchini pulp, leaving a ¼-inch-thick shell. Coarsely chop pulp, reserving 2 cups; discard remaining pulp. Place zucchini halves in a large microwave-safe bowl. Cover with plastic wrap; vent. Microwave at HIGH for 4 minutes; let stand, covered, until time to stuff.
3. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add onion and sausage to pan; cook 4 minutes or until done, stirring to crumble sausage. Stir in reserved 2 cups zucchini pulp. Place zucchini halves on a jelly-roll pan; sprinkle with ¼ teaspoon salt. Divide sausage mixture evenly among zucchini halves.
4. Place bread in a mini food processor; pulse 5 to 6 times or until coarse crumbs form. Add 2 ounces cheese and 1 teaspoon oil; pulse to combine. Top zucchini halves with bread mixture. Broil 1 to 2 minutes or until cheese melts and breadcrumbs begin to brown.
5. Combine remaining 3 ounces cheese, tomatoes, and basil in a bowl; toss to combine. Combine remaining ⅛ teaspoon salt, remaining 1½ teaspoons oil, vinegar, and pepper in a small bowl, stirring with a whisk. Drizzle over tomato mixture; toss to coat. Serve with zucchini boats.

SERVES 4 *(serving size: 2 stuffed zucchini boats and about ½ cup salad)*
CALORIES 321; **FAT** 16.3g (sat 6.1g, mono 6.1g, poly 2.7g); **PROTEIN** 19g; **CARB** 22g; **FIBER** 5g; **CHOL** 73mg; **IRON** 3mg; **SODIUM** 652mg; **CALC** 270mg



CAVATAPPI SALAD WITH TUNA AND OLIVES

Hands-on: 30 min. Total: 30 min.
This big, fresh, juicy dinner-in-a-bowl is our kind of easy summer eating. For intense flavor impact, we look to bold-flavored ingredients like kalamata olives and lemon juice. To get this dinner done in 30 minutes, marinate the tomato mixture while the pasta water comes to a boil; this allows those bold flavors plenty of time to mix and mingle.

- 6 ounces uncooked cavatappi pasta
- 12 ounces green beans or yellow wax beans, trimmed and halved
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- ½ teaspoon freshly ground black pepper
- ⅜ teaspoon kosher salt
- 2 cups tomato wedges
- 1 tablespoon chopped fresh oregano
- 20 pitted kalamata olives, halved
- 4 cups chopped romaine lettuce
- 5 ounces canned or jarred sustainable white tuna packed in oil, drained and flaked

1. Bring a large pot of water to a boil over high heat. Add pasta; cook 5 minutes. Add beans; cook an additional 3 minutes or until beans are crisp-tender and pasta is done. Drain and rinse under cold water; drain.
2. While pasta water comes to a boil, combine oil, juice, pepper, and salt in a large bowl, stirring with a whisk. Add tomato, oregano, and olives; let stand 10 minutes. Stir in pasta mixture and lettuce. Divide among 4 plates; top evenly with tuna.

SERVES 4 *(serving size: about 2½ cups pasta salad and ¼ cup tuna)*
CALORIES 487; **FAT** 28.2g (sat 4.1g, mono 19.8g, poly 3g); **PROTEIN** 16g; **CARB** 45g; **FIBER** 6g; **CHOL** 13mg; **IRON** 2mg; **SODIUM** 645mg; **CALC** 69mg

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SECRETS, TIPS & RECIPES from America's Healthy-Cooking Experts

Cooking Light kitchen confidential



TECHNIQUE

MACERATING

The process of soaking fruit in liquid and sugar to soften it and release its juices is called maceration.

GIN AND MAPLE MACERATED BERRIES

Hands-on: 10 min. Total: 30 min.

- 1 pound mixed berries (such as strawberries, blackberries, blueberries, and raspberries)
- 2 tablespoons gin
- 2 tablespoons maple syrup
- 2 tablespoons turbinado sugar
- 2 teaspoons fresh lime juice

1. Hull and slice strawberries, if using; place in a medium bowl. *Slicing bigger berries speeds up maceration—liquids will release faster.*

2. Add remaining ingredients, stirring gently to combine. Let stand for 20 minutes or until mixture is syrupy, gently stirring occasionally. *Sugar, lime, and gin soften and preserve the berries while extracting their natural juices to become a syrupy sauce.*

3. If desired, refrigerate and continue to macerate for up to 4 hours. *Delicate raspberries and strawberries can oversoften, so macerate them only a few hours. Thick-skinned berries like blueberries can go overnight.*

SERVES 4 *(serving size: about 1/2 cup)*
CALORIES 120; **FAT** 0.5g (sat 0g, mono 0.1g, poly 0.3g); **PROTEIN** 1g; **CARB** 26g; **FIBER** 4g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 3mg; **CALC** 33mg

—Cheryl Slocum

Serve macerated berries over ice cream, heap onto a wheel of baked Brie, or blend with ice for a fruity slushie.

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: RACHEL JOHNSON; PROP STYLING: LINDSEY LOWER

CL SCAN PHOTOS. SAVE RECIPES. SEE PAGE 6.

KITCHEN CONFIDENTIAL



USE IT UP CHALLENGE

Mint

Fresh mint is, without a doubt, one of our favorite flavors of the season. Whether it's a handful left from the farmers' market or a bumper crop of your own, leftover leaves can be used to infuse beverages, salads, sauces, and more with bold brightness. You're but a chop, soak, or puree away from herbaceous summer satisfaction.

After you make our Marionberry Mojitos on page 142, try one of these simple, savvy uses.

1 WATERMELON-MINT MARGARITA

Combine 1/2 cup sugar, 1/4 teaspoon salt, 6 torn fresh mint sprigs, and 8 thin lime wedges (about 1/2 lime) in a medium bowl; **stir** to combine. **Let stand** 10 minutes. **Pour** 3/4 cup boiling water over mint mixture, stirring until sugar dissolves; **let stand** 10 minutes. **Strain** mint mixture into a bowl, pressing on solids. **Discard** solids. **Combine** liquid, 8 cups chopped fresh watermelon, 1 cup silver tequila, and 1/2 cup fresh lime juice in a blender; **process** until smooth. **Divide** mixture among 8 ice-filled glasses; **garnish** with 1/4 cup fresh mint leaves and 8 thin lime wedges.

SERVES 8 *(serving size: about 1 cup)*
CALORIES 171; **FAT** 0.3g (sat 0g); **SODIUM** 75mg

2 MINT-PEACH SALSA

Combine 2 cups diced peeled peaches, 2 tablespoons fresh lime juice, 1 1/2 teaspoons sugar, 1/4 teaspoon kosher salt, 1/4 teaspoon ground ginger, and 1/8 teaspoon ground red pepper in a bowl. **Let stand** 10 minutes. **Stir in** 1/4 cup finely chopped red onion and 1 1/2 tablespoons chopped fresh mint.

SERVES 8 *(serving size: about 1/4 cup)*
CALORIES 22; **FAT** 0.1g (sat 0g); **SODIUM** 60mg

3 MINT-PISTACHIO PESTO

Combine 2 tablespoons toasted unsalted pistachios, 1/2 garlic clove, 1/8 teaspoon salt, and 1/8 teaspoon freshly ground black pepper in the bowl of a mini food processor; **process** until finely ground. **Add** 1 cup packed baby spinach leaves, 1/2 cup packed mint leaves, 2 tablespoons grated Parmigiano-Reggiano cheese, 2 tablespoons extra-virgin olive oil, and 1 tablespoon water; **process** until smooth.

SERVES 4 *(serving size: 2 tablespoons)*
CALORIES 97; **FAT** 9.3g (sat 1.6g); **SODIUM** 123mg

*STAFF FAVE

4 VEGAN CHOCOLATE-MINT PUDDING

Combine 1/3 cup light agave nectar and 3 whole mint sprigs in a small saucepan over medium heat. **Cook** 5 minutes; **remove** from heat. **Let stand** 10 minutes; **strain. Discard** solids. **Combine** cooled agave, 16 ounces firm silken tofu, 1/3 cup unsweetened cocoa, 1 1/2 teaspoons vanilla extract, and 1/8 teaspoon kosher salt in the bowl of a food processor; **process** until smooth. **Divide** among 4 small bowls; **garnish** each with a small mint sprig.

SERVES 4 *(serving size: about 1/2 cup)*
CALORIES 174; **FAT** 4.1g (sat 1g); **SODIUM** 104mg

—Recipes by the CL Kitchen

HOW-TO

NO-MESS CUT CORN

Turn to your Bundt pan for the answer to slippery cobs and bouncy corn: It's the clean and easy way to remove kernels from an ear of corn.



- Fit the tip of a shucked ear of corn into the hole in the center of a Bundt pan or angel food cake pan.
- Firmly hold the ear near the top, and slide a sharp knife down the side to cut off the corn kernels.
- Rotate the cob and repeat cutting, letting the cake pan neatly catch the kernels as they are removed.



PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: LINDSEY LOWER

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

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KITCHEN CONFIDENTIAL



GEAR

Best Blender for Your Buck

We like the Cuisinart Velocity Ultra (*$100*) for its powerful motor that can crush ice for our Raspberry-Lime Rickey Slushies, p. 124, just as easily as it blends hearty ingredients like fresh kale to smooth perfection. This blender handles big jobs, too: The lightweight, BPA-free plastic jar holds up to 7 cups, making it possible to puree soups like our Golden Gazpacho, p. 137, all in one batch.





RAVE

Romesco is my favorite blend-and-serve sauce—it's incredibly versatile and great to keep on hand. I like to spoon it over roasted salmon, toss it into hot pasta (p. 61), or just serve it as a dip.

—HANNAH KLINGER

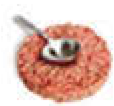
THE CL WAY

3 Steps to Making a Better Burger

1 A perfect burger (like our Cheesesteak Burgers on p. 125) starts with a patty that is handled as little as possible. Try this neat trick: Use a ½-pound deli container to form burgers. The mold prevents you from overworking the meat, which makes burgers dry and tough. The patties will also cook evenly when their shape is uniform.



2 Turn the patty out onto a work surface. Make a depression in the center to keep the burger from puffing up as it cooks. Use a tablespoon measure or your thumb to make a similar-sized depression in each.



3 Use a heavy grill pan or cast-iron skillet—even if cooking on the grill. The pan will get good and hot, which will make for a great sear. The rendered fat will also remain in the pan, helping to keep the burger moist and prevent flare-ups on the grill.



TIP Salt will leach moisture from ground meat, so season burgers no more than 30 minutes prior to cooking.

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june recipe index

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PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: RACHEL JOHNSON; PROP STYLING: LINDSEY LOWER


WAKE UP TO
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